

THE *P. 6. 20*  
Devout Communicant

EXEMPLIFIED

In his behaviour before, at, and after

THE  
SACRAMENT  
OF THE  
LORD'S SUPPER,

Practically suited to all the Parts of  
that Solemn Ordinance.

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*But they made light of it*——Matth. 22. 5.

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The Sixth Edition, much Corrected.

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June 1. 1670. Imprim. Tho. Tompkins.

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L O N D O N,

Printed for *Tho. Dring*, at the *Harrow* next  
*Chancery-Lane* in *Fleet street*. 1688.

X The devout Communicants.



Luke. 14. 16. &c. 1720



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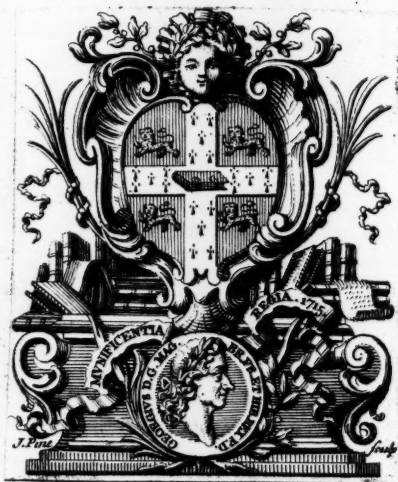
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1567:03 .

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TO THE  
Truly Noble,  
Sir KINGSMIL LUCY,  
Baronet.

S I R,

**A**Mong the Multitude of *Practical Divine Treatises*, are none more *numerous* than on the Lord's *Supper*, nor more diversly handled: Not a few *well-disposed Persons* yet complain they are at a loss, not so much *which* to make use of, as that they know not how to form *Directions* into *apposite Meditations*: they *sequester* themselves, they *sit*, they seem to *reflect* as others; but know not what to *say in themselves*, to their great discomfort and discouragement. The

## The Epistle Dedicatory.

ensuing *Manual* is so *methodically* digested for their Assistance, and presented to *your self*, not as one that *needs* it, but the *Composer* a better evidence of his *great esteem* of a Person so *constant*, so *devout* a *Communicant*, so *eminently Charitable*, so *rarely Temper'd*, so *truly Honourable*. If it displease any, I *borrow* of so many to discharge one *great Debt*; methinks my *Honesty* in owning it may *satisfie*; *their* allowing me also to make the *best use of theirs* I were able; and if this be a *bad one*, 'tis a right hand error; I hope they will not condemn, but pity and pardon me; I was no better advised; my ambition *being* not to appear in *Publick*, but to be *publickly useful*, and to let the World know, how much I am

S I R,

*Your great Admirer,*

*and humble Servant.*

A  
PREMONITION  
TO THE  
READER.

**A** *Lthough the ensuing Treatise was designed to be ushered into publick view, without any other Epistle than that Dedicatory, to one, who was for no other witnesses of his Eminent Piety, than those two, which are more than ten thousand, God and Conscience: yet it is found requisite to advertise those who are willing to make use of it.*

1. *As to that part of Preparation, which respects Humiliation for sin, matter enough for which every one may find there, by examining his manifold breaches of the Law and Gospel; yet the Communicant in an especial manner is to reflect upon, and to be deeply humbled for his own Iniquities, and particular Failings since the foregoing Communion: but no exact Example could be given of what himself is only conscious.*

## A Premonition , &c.

2. *For Prayers the Week before, and Morning of the Communion, they relate (for memory sake) to the requisite Graces, and Ends, in going to the Ordinance.*

3. *More matter is provided than I doubt will be spent at the time of Receiving in this Frozen Age, so deviated from the Primitive, when all Christians still partook of that one Cup ; yet those that (notwithstanding all endeavours) have Memories so unfaithful, as they dare not trust , may (for ought I know) by Book make use of so much of that they judge most pertinent, as the spaces between joining with the Minister will permit.*

4. *A Prayer before , and another after the Sacrament , with more particular Directions and Meditations for the time of Receiving, is added in this Edition, to satisfie those who thought them wanting (though the Author did not) in the first.*

5. *If any thing be judged unsuitable, because not usual, there is matter enough besides : They are left to their Liberty, that are not of my mind.*

T H E



# The Devout COMMUNICANT.

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## *Frequent Celebration.*

**D**O *this in remembrance of me*, is not only a *Permission*, but an *Injunction*; 'tis our *Duty*, as well as our *Benefit* to receive *Christ*; so not to receive him, is both our *sin* and *mifery*. 'Tis more than a *command*, a *charge* of a *dying Tefator*, and *Saviour*. As the *benefit* is of *infinite merit*; fo fould the *acknowledgment* be an *Eternal memorial*. His death fould always *live* in our *hearts*; and we be fo careful in *doing this*, that when *he* comes again, *he* may find us *fo doing*. Doth *he* not now *thus* be-  
fpeak us? Can the King of Kings take it kindly at your hands, when *he* hath killed the fatted Calf, furnished his Table, fent forth his *Servants*, faying, behold I have prepared my *Supper*, come, eat of my *Bread*, and drink of my *Wine* which I have ming-  
A 5 led,

fed, all things are ready, *come unto the Marriage*; and you make light of it, (so mean are your thoughts of his fare, and company) or desire to be excused, because you are *not dressed*, when indeed you never went about to make you ready? Do you not provoke him to leave you, to let you go sorrowing to your Graves? to say, *None of these that were bidden* (though they see the plenty) *shall taste* (the sweetness, fatness, goodness) *of my Supper*; was there ever *any* so dear, so precious; cost it not the *Master* of it his own life to make it? if out of courtesie you invite a poor man to the best that can be had, and he sawcily, ungratefully find fault with your Meat; and ask you, why you troubled him to come to so poor Provision; or send word you have nothing worth coming for, he can provide for himself, hath better at home, and better company; would you think he deserved the worst bit of it, or another invitation? 'Tis a sign you value not, you slight *Communion* with me: If you *Loved me*, you would still be seeing, looking upon, desiring to be with me, where I am wont to walk, to manifest my self, to sit at my Table, to sup with my Disciples, and never be at rest without a renewed Sense of my love unto you: *You are They I Live and Die for,*

for, for whom I *do* and *suffer* so much, of whom I will always think upon, in whose thoughts I love to live; and because my departure is at hand, and I must go away from you, *this memorial* I leave with you, to put you always in remembrance; when you see it, think of me, who in the very night I was Betrayed, when taking that doleful farewel of an ungrateful World, was so mindful of your good and comfort, to arm, establish, and refresh you; and will you neglect, disesteem, condemn it? Doth not the benefit of my Passion without your desert, plead for the constant meditation of it without your scandal? The frequent, faithful remembrance of what I did and suffered for you, is my chief request, and your only requital, and yet do you distaste, what I imbraced? and indure not to think of what I refused not to indure? Loath you the Cup of Salvation, that cost me a Cup of Astonishment? Have I left the Glory of my Father, to be cloathed with, and dwell in Flesh? Led a Life of Suffering, undergone a shameful, painful, accursed death, rose again, ascended, prepared Mansions, taken possession for you, where I plead your Cause, and from whence I will come ere long to absolve you before all the World, and with whom you shall be for ever? Have I

I given such costly Evidences of my love unto you, and love you not to do this in remembrance of me?

*Do.*] But for thee (dear Saviour) I had been for ever *undone*; for thee then, and for thy sake, what is it that I should not do? Thy desires are my *Injunctions*: There is *Authority* enough in thy love to do thy pleasure. Since thou wouldst have no nature but mine, I will have no will but thine: which when once signified by command, upon my obligation I should, upon my Fealty to thee, the King of the Church and Sovereign, as well as Saviour of my Soul, I ought, I may, I must not dispute, nor delay, I dare not but must *Do*; else, how must I be looked upon, when the King commands all his loving Subjects to take the Oath of Allegiance, and I stay away and refuse? Do I not publickly disown him for my Sovereign, who hath enjoined the Celebration of this as an Evidence and Symbol of my Relation to, and Communion with him? Is not this appointed for a memorial of his death, whereby he delivered his People, and destroyed their Enemies; transcendently to us, what the *Passover* was to the Jews, and the neglect of it more provoking? Yet, the man that is clean, and is not in a Journey, and forbeareth to keep the *Passover*

*Passover* [at the time appointed] (when he might and ought eat it) even the same Soul shall be cut off from his People, because he brought not the offering of the Lord in his appointed season, that man shall bear his Sin. There's a punishment annexed to the neglect, as well as ill performance of it; he that eats irreverently, is guilty of profaning the Lord's Body; and he that eats not, of despising it, and of preferring his Lusts before him; the one eats damnation to himself, and the other by not eating, judges himself to be in a damnable State. 'Tis dangerous staying in that condition, wherein we judge our selves unmeet Society for Christ; if I cannot partake of his Supper here, how can I think my self fit to Feast with him in Heaven? or hope to look on his Face with comfort there, and take no pleasure to behold, remember, come near, or have any thing to do with him here? will not his presence then be most terrible to those, to whom his memory is no way delightful now? Am I troubled for neglect of other duties, and not of this, when Christs Items at the last day are made up of sins of Omission? Dare I pick and chuse, when whosoever shall keep the whole Law, yet offend in one point, is guilty of all?

*This.]* Not to climb a Cross, or under-

go a bitter Passion for thy sake ; I should not think much to *do that* , who hast done so much for me. Not to be had to a *Scaffold*, but to come to thy *Table*; not to go to Slaughter, but a Feast; not to Bleed or Burn, but to eat and drink ; and that not *Bread of Affliction*, or *Water of Adversity*, which flags the Spirit ; but *such Bread and Wine*, as confirms and comforts my heart : Not a Mourners Bread, *Tears* ; or a Martyrs Cup, *Blood* ; but a Saviour's fare, blessed Wine and Bread, yea, in them (what both is and makes blessed) his Body and Blood, meat and drink, *Bread of Life and Well of Life*, that both joys my Heart, and saves my Soul. Didst *thou* on the Cross drink Vinegar, (made infinitely more tart by my sins ) for me ; and shall not I at thy Table drink Wine for my self, made infinitely sweeter with the Blood it conveys ? Didst *thou* drink a Cup of Wrath, and shall not I drink the Cup of Blessing ? Eat the Bread of Affliction, and shall not I eat the Bread of Life ? Suffer thy *Passion*, and shall not I enjoy it ? Didst *thou* stretch out thy *hands* on the Cross, and shall *mine* be withered and shrunk toward thy Table ? Hadst *thou* bid me *do some great thing* for procuring so *great* a good, that there had been no disproportion between the service  
and



and reward, should I not have endeavoured to do it? How much more when thou biddest me *Eat and live*? I am not saved but by thy Body, I shall be damned without thy *Blood*. Didst thou offer them for me on the *Cross*, and shall I not take the Pledge from thee at thy *Supper*? Didst thou give me a Title to them, and shall I bar my self of *Possession*? rob my self of thy Mercy, and my Right; of no less than the price of my *Redemption*? Dost thou give me the *purchase* in thy *Blood*, and shall I deny my self the *Seal* in thy Church? Dare I be guilty of so great a *Robbery* and *Rebellion*, as to violate thy *Will* and *Seal*? to reject at once thy Bread and Cup against thy express *Will* and *Testament*? to take the Bread and Cup out of my own hand, and the Scepter out of thine? to deprive my Soul of thy Body and Blood, and thee of thy Authority? by thy Grace I will never but observe as thou appointest: If *this be* thy command, O Saviour, I am a *Rebel* as much to my good, as thy Law, a wicked *Rebel* if I do not *this*.

*In Remembrance.*] I blush, Lord, to see I need thy *memento*. Have I a room for the trash of the World, and none for thee? *memory* for what I list, and none for what I should? O thou that hast so done thy marvellous Works, that they ought to be had in

in everlasting remembrance ; whose *name* is wonderful, and all thy works as thy name, and this above all thy Works, can I ever forget thee? can I forget my *self* so much, that breaths not a moment on Earth, or out of Hell without thee? If I forget thee, O Saviour, let my tongue cleave to the roof of my Mouth ; If I remember not thee, let my right hand forget her cunning. Sure that harp had never known the tune of joy, nor Hand to do with Harp, hadst not thou put a World, all out, in order again, and set all in tune. And is that all, when I owe a thousand lives unto thee, to require not my *Body*, but my *Mind*? to say, *Remember*, not to *Die* for me, but that my *Memory* die not in thee? O thou loving, and blessed above all Beloveds, when thy *Passion* is engraven by thine own hand in an Holy Mystery for my mind to wear, shall not I keep this Memorial? shall not I wear thy Ring, who am so ready to wear a Death's-head to preserve alive the memory of a dead Friend? O that I may ever keep this Manna that came down from Heaven, not in a dull, barren, barely contemplative, but humble, active, precious *memory*, which moves all good affections to thee, and promotes all good abilities for thee. *Such a memory* will mind, and do  
all

all Duty; admire and love thee; obey, endure, do, and suffer for thee; establish Faith, excite Repentance, inflame Love, maintain Constancy. I cannot but repent, believe, and love to the End, if thou be in my mind: If I fail payment of any Duty to thee or man, it is because *I do not remember thee.*

*Of me.]* Of my Death, and your Redemption by it. This Sacrament then is a Statue erected to the eternal memory of thy Passion; so oft as I neglect it, what do I but pull down this Pyramid of everlasting date, set up in the Church for a solemn memorial of thy death; and bury thee, and thy Merits, as the Jews did thy Body, but in a worser Grave, not in a Garden, but Desert, a Grave of Oblivion? Wretch am I, that have need of such an help to my Memory, and spur to my Duty, as both a Command and a Sacrament; it casts reproach on me, O Saviour, that thou shouldst give thy Body for me, and I scarce give my mind to thee; that I should have so great a room in thy heart, and thou so hardly get any in mine; that thou shouldst be more ready to bleed for me, than I to think of thee! Dear Jesus, thou didst empty all thy Veins for me, shall not I find a vessel to preserve thy precious Blood? Do I not spill what thou shed,  
if

if I let it run out of my memory? yet art thou put to it, to find me both *blood* and *mind*; and when thou hast done all that, out of *remembrance of me*, (lest it should be forgotten) ordain'st a Sanction and a Sacrament, saying, *Do this in Remembrance of me*. Bat more wretch I, if I do not *so do*, for Lord, if I do thee *honour* dost thou not do me *favour* for it? If I givethee *glory*, is it more my *Duty* than *Felicity* to do it? if it be thy *Sacrament*, is it not my *Benefit*? Receive I not great Honour in it? Reap I not great Benefits by it? conveys it not the *Blood Royal of Heaven* into me? Am I not related to Christ, Heir of Heaven, by Virtue of that Blood? Is not the God-head bodily in him? His Body mystically in me? and I near allyed to God by the Communion of that Body? And can he want *Demeans*, that is such a *Prince*? Is not the Earth thy gift, and Heaven in thy power? O thou Son and Heir of all! And have I not thy Spirit, thy Flesh a pledge for all, the Conveyance Sealed in thy Blood, and thy Merits made over and assured in thy Body? O Lord, I am so much concerned in Honour and Interest to do what thou commandest, that if I consider my self, I shall *do it to thy memory, in remembrance of me, as well as thee.*

Wherever

Wherever God hath bestowed a *vital Principle* (Faith whereby the Just live) he affords *nourishment* to sustain it; and an inclination, and attractive faculty towards it: *Christ crucified* is, as the *cause* of our *new birth*, so the food which sustains and preserves us in it; unto whose *Body* and *Blood* there must needs be as proportionable an *appetite* in a new *Christian*, as to Milk in an Infant, *that* being more *nourishable* than Milk, and *Faith* more vital to desire it than Nature. Oh! I know not what (grace and comfort) I have lost, that others have found in the Conscientious use of *this Sacrament*! If there be any thing in the lively discoveries of the evil and desert of sin, the wrath and love of God, the consolations of the Gospel by frequenting it, might it not have been much better with me in my Spiritual condition? is not *this* great *Hypocrisy* and *Dissimulation*, to complain of the hardness of my heart, and not apply the Blood of Christ to soften it; of the prevalency of corruption, and not bring them to his Cross to subdue them? of my timorous spirit, and not come where God secures me, and gives evidence for the discharge of his Covenant and Promise? that God is departing, when I stand at a distance, and will not come nigh him? is  
withdrawn

withdrawn from my soul, when I withdraw from my duty? that I am a stranger to Spiritual Joy, when I will not come to draw water out of the wells of Salvation? of the weakness of grace, and not use all means of strengthening it? can I refuse my food, yet be nourished? grow in Grace, and neglect the means? not grow, and be guiltless? live in a known sin, by neglecting a plain commanded Duty, and expect the rewards of obedience? may not partial obedience to Gods Commands, well increase my doubts of his favour? Is not this to slight and disesteem a firm conveyance of all Christ's purchased benefits, here offered and assured to Believers? and then think not much (O my Soul) if thou go without them for ever, who art also so unwilling to bind thy self to thankfulness and obedience for them. *Meals* which are for nourishment must be *often*, 'tis not told me *how often* I should eat or drink; the sense and feeling of the wants of my food directs me to and makes me do it often. Am I not apt to grow dull, luke-warm, cold to, and in Duty? to contract Guilt, blot my evidences, disturb my peace, to forget him and his matchless love? Is he so much in my *serious thoughts* as he deserves? Is it enough to have some *occasional*



onal thoughts of him? Do I not complain that I love, and think of him no more, can apply him no better, have so little of him, am so insensible of his kindness and affection to his Members? Is it not a sin and shame I no more solemnly dwell in meditation upon him, am no more in praising of, in rejoicing in him? Do I not *often* need so great an help to soften my heart, to renew my repentance, to strengthen and confirm my Faith, and Hope, and Resolutions; to increase and inflame my Love, and thankfulness, to fix my thoughts more solemnly upon him, to apply him, to get and maintain more intimate Communion with him, to knit my Soul closer to him and his Members? Is it not a sad sign I perform no *Duties*, as, and to those *ends* I ought, but out of custom, without expecting, therefore without finding any *great Advantage* from them? Are the Consolations of God small unto me? Is it not a sign when I was *there* I missed of the benefit? Have I not cause to repent of my *former Receiving*, when it left not earnest breathings for the like opportunity? was it possible for me to meet with God, to taste the sweetness, the fulness of Christ, to experience the reachings forth of my love and desires, the pleasures of acting Grace, and not long  
for

for another meeting ; by thy Grace, I will therefore communicate with more Devotion , repent with greater contrition, walk with more caution, pray more earnestly, receive with more reverence, and I doubt not but I shall find my Affections increase together with the Spiritual benefit. The frequent solemn *exercise* of our *graces* must needs dispose strongly to *Habitual ones* ; and hugely promote the *Interest of Religion*. It cannot be that the *Sacrament* be undervalued by frequent repetitions, without great unworthiness of the person , ( setting light by, and loathing Spiritual Manna) and an unworthy Communication: for he that *receives worthily*, increases in the love of God and of Religion, and the fires of the Altar are apt to kindle into a flame, and when our Lord enters into us, and we grow weary of him, or less fond of his frequent entrance , and perpetual cohabitation , 'tis an infallible sign we have ( or are ready to ) let in his *Enemy* ; no *Secular* object hath any pleasure in it long beyond the hope of it ; for the possession and enjoyment is found so empty, that we grow weary of it ; but whatever is *Spiritual* is less before we have it, but in the fruition swells our desires, enlarges the appetite, and makes us more receptive

ceptive and forward in the *Entertainment*. Nor is it likely, they will *Suffer* for him, who refuse to *Banquet* with him. They proclaim they have no portion in *David*, no inheritance in the *Son of God*. Had we any love for him, we should begin early to adorn our selves, and be still breathing for the enjoyment of him. As the *Jewish Doctor*, who put on his best Habit on *Friday* in the afternoon, and fate longing for the Setting Sun (the time when the *Jewish Sabbath* began) saying *veni sponsa*, come my Spouse, for so he called *that Sacred day*. The *Ancients* were wont to long for the *Communion* as the Child for the Mothers Breasts.

Oh the *qualms* of *undesirous Communicants* should justly stir up the *Faithful* to loath the same in *themselves*.

*Habitual Preparation.*

**T**He Death of *Christ*, in regard of his intent, was a *Sacrifice to God*, but of the *Jews* the greatest cruelty and murder. When a prophane person comes, he sheds the Blood of *Christ*, which a Believer receives; and by Faith feeding on it, or applying it to himself, being one with *Christ*, by virtue of that Union he hath interest in him

him who hath made as great Satisfaction to God, as if himself had suffered to Eternity. This new Wine must not be put into an old Vessel; else the Wine will be spilt, and the Vessel perish. Righteousness and Unrighteousness, Light and Darkness, Christ and Belial, cannot dwell together. Feet that walk in filthy paths are not to tread his holy place; nor a heart full of Rancor, Hatred, Uncharitableness, to sit down at this Feast of Love; *Hands* dipped in Blood, polluted with unlawful Gains, stained with spots of the Flesh, or stretched out to *injure him* in his *Members*, are most unfit to be reached forth to *receive him* in the *Sacraments*, to handle those holy Mysteries: Those *Teeth* that grind the face of the poor, to eat the bread of Angels: The *Mouth* that is full of rotten corrupt Communication, evil speaking, reviling, or that thirsts after the blood of our Neighbour, to drink the blood of Christ: *Eyes* gazing on vanity, to look on *Jesus*. Oh, how pure ought I to keep those *doors* of my *Soul*, at which the King of Glory so often enters? Shall I kiss his hand with filthy Lips? put hallowed Bread and Wine into a noisom sink of sins? go to that Table as Swine to their Troughs in my pollution? ravish, contemn the Grace and Mercy of God? tear him a-

funder

funder from the conditions he hath annexed to them? He will not be *one* with a Harlot; nor seen with the same eyes. His Body never saw *Corruption*, nor will be mixed with it: It lay in a *Virgin Womb*, and Sepulchre; and still resides only in *Virgin Souls*, Devoted, Consecrated, set apart to his Use and Service. His Glorified Body is no more capable of dishonour, nor will enter into an earthly Soul. Unclean Birds receive nothing but the *Carcase* of the *Ordinance*; the *Bread* without the *Body*, the *Wine* without the *Blood*; both without the *Blessing*; the *Element*, but not the *Sacrament*: such are guilty of his Body and Blood, for reaching out their hands with purpose to receive him into polluted Souls, though he withdraw himself that they cannot partake of him: They *disgrace* their *Prince* by shewing it to his *Statue* erected for his Honour and Remembrance; are guilty of *Treason* by offering indignity to his Seal and Picture; *dishonour* done to the *Image* and *Representation*, reflects upon the *Original*; he is *Personally* in *Heaven*, and will be no where *Spiritually* but in the *Heavenly* part of man; he finds no *rest* in a heart full of *vain, vicious thoughts*; it stinks like the *Lake of Sodom*; he retires thence vexed with the unclean conversation of the

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impure

impure Inhabitants. When he approaches to a Soul, and finds it a Cage of unclean Birds, he flies with the wings of a Dove to cleaner and whiter Habitations. But if we avoid, hate, and have no fondness of affection for them ; and with complacency entertain the contrary ; then Christ hath washed our feet, and then he invites us to his *Supper*: The *unavoidable Infirmities* of our lives, against which we daily strive, and for which we never have any kindness nor affection, are not spots in these Feasts of Charity, but instruments of Humility, and stronger invitations to come to Rights ordained for corroboratives against infirmities, and for growth in the inner man. But remanent affection to any sin, enmity with Neighbours, secular avocations to the height of care and trouble, excuse nor, but increase mens sin, and secure their misery. 'Tis just they graze with *goats*, that refuse to wash their hands, that they may come to the *Supper* of the Lamb. The excuses wherewith most palliate their neglects of waiting upon our Lord, and accepting his kindness, all grow upon this bitter root of an *unholy careless life, loving the World, and the Lusts thereof*: The only reason is, they have a mind to live as strangers to him, and not to be his *humble*



*hold Servants, and domesticks ; for then they might always come unto him. They think they must not come so oft , because to prepare themselves costs them so much time ; but would they spare so much as to lead a holy Life , and be at so much trouble as to please God in other things , they would not find it so laborious to please him in this. Kept they always the fear of God in their Souls , they would without much pains be fit to approach with Fear and Reverence into his Presence ; would they fear to do what God hath forbidden , they would not fear to do what he hath Comanded : but while they refuse to obey him in many things , no wonder they do in this one. Religion concerns not our actions only , but the frame and disposition of our hearts and minds ; and the same habitual Graces are to be daily exercised , though in a lower measure and degree. Every day is to be holy to the Lord , though every action in the day be not equally holy. When we labour conscientiously to stand to our first Promise and Covenant , all the actions of our lives become holy , and so we are holy in our Shop , by Diligence and Justice ; at our Board , by Temperance , Thankfulness , and Charity ; Aboard , by an innocent , useful Conversation ; in our Church , by*

Prayer, and Meditation; yea, Prudence, and the ends of health and chearfulness, will make our *sleeps and recreations holy*, and not to be reckoned among *pastimes*, but the necessary seasons of doing little or nothing, that afterwards we may be worthily employed. A *Christian* behaves himself not for such a set number of days, as if *so much time* were to be spent in *Holiness*, and so much in opposition to it; but as if he accounted his whole life an opportunity of serving God; and of cleansing himself from all that filthiness, which will not let him see his face. He receives daily what daily profits, and so lives that he may daily receive it. A *holy life* is a perpetual Sacrifice, and he that so lives, keeps his heart as an *Holy Altar*, always warm and glowing within him; he offers up daily such Sacrifices as are acceptable to God, and prepare him for a due commemoration of this great Sacrifice: a constant abstinence from all forbidden things, and care to perform such duties as maintain a lively sense of God in our Souls, would make us vehemently hunger after this Heavenly Food. A *circumspect life* makes us both *fit and desirous* to converse with God every day; *good Actions* beget in us greater longings after Grace, and *good desires* makes us still do well,

well, out of hope to have more Grace. When a good man lifts up his heart to God, he draws down God into his Soul, that he may work with his hands that which is good in his *employment*, in which he is not so busie that his *hands* should grow so foul, or heavy by it, as to be unwilling, or unfit to lift *them* up again to God. Such a *Combination* is there between all that God requires to make them easie and familiar, pleasant and desirable, and our obedience impartial and universal. A *holy behaviour* in our Calling, Converses, and use of the Creature, disposes us to *Acts of immediate Worship*, that requites and returns the kindness by disposing and fitting us for an *holy deportment* for the future; which is it self an invitation of God to our Souls; much more when seconded with the attractives of *holy Prayers* and *Affectionate desires*. The sweetness of such converses with God, and the power of his Grace consequent upon our hearty desires, engages and enables us to an holy conversation, which brings us (from familiarity with the Devil) to fellowship with God, the happiness of which is so great, that it excites us to do all we can to maintain and prevent our being tempted from it. *Good Hearts* daily mortified, and strictly watched over, like dry

wood, with one blast kindle the flame of Love, stir up the Grace of God in them; while those soaking in the World, like green sticks, all Endeavours scarce obtain any Divine Heat. Oh! would I every day prepare for the day of Death; or (which is of a like consideration) the day of Communion, (nothing less will fit me to Communicate than to depart hence;) set myself in Order, Meditate often every day on Christ's first and second Coming; not stay a minute, but instantly grieve for, severely condemn my self, and renew my resolution to amend all, and pray for particular strength against whatsoever I have observed amiss: would I consider where I fall-offest, from what Principle this default comes, what are the best Remedies, and pass on to a real and vigorous use of them: Did I resolve to have God frequently in my thoughts, to bring it to pass to have so great a dread and reverence of him, that I may be more really ashamed, troubled, confounded, to sin in his presence and observation, than of the severest mans; and to have a perpetual intercourse and converse with him: Or would I actually attend to what I do, and consider every action, and speak so little that I might consider it; I should find, that upon the day of Communi-

on I should have nothing to do, but to revive my Graces by Prayer, Praises, and the exercise of Devotion.

*Actual Preparation.*

**H**oliness is our Profession; and all the time after *one Communion* is the time of preparation for the next; and every Receiving, a *repeated Conspiracy* against the Interest of the Devil. He that is always well vested, will deck and trim against a Wedding-day; *Wise Virgins* go forth to meet him, having Oil in their Vessels, and their Lamps burning; but when they hear the *Bridegroom's coming*, they arise and fall afresh to trimming their Lamps, to snuff them, stir up the fire, and apply the Oil to make them burn brighter and clearer. Now another repast approaches, I must deny my self *lawful* things; sequester from my ordinary business; abstain from the most *lawful* enjoyment, and *chastest* embraces, that I may give my self unto Prayer, and more fully know the state of my Soul; with a greater intention and ardency of Spirit, *examine my self*, even about the *coldness* of my Prayers; my *neglects* in the daily review of my self; the *smallness* of my sorrows; the *weakness* of my services, my

daily neglects, ignorances, and unavoidable infirmities, as to God, my self, Relations, and others; in an especial manner, any *failing* since the *last Communion*. If there be but a little passion, a rash word, a vain thought, &c. and besides my sorrow, and afflicting my self, for hatred and amendment of it, just after its commission; I am now to bewail it over again, to call my self to a strict account for it; to drown it in another flood of tears, more firmly to strengthen my resolutions against it, and prepare it to receive another Wound, a mortal stroke from the Wounds of Jesus, that it may never live more; to be more deeply apprehensive of the *evil* of sin, more sorrowfully bewail it, more rationally resolve against it, open a greater vent and passage for my tears; affect my heart more deeply with my needs, and the certainty of supply, and so raise my self to a greater height of humility, desire and confidence; to excite my appetite and more lively apprehensions, and vigorous affections, rouse my thoughts and meditations to a greater fervour; more solemnly to recollect what I have learned; to stir up my remembrance, and renew a sense of my wants and weaknesses; to imprint the *ends* of the *Institution* more firmly in my memory;



memory; to consider what Acts are most proper when I shall be at his Table; to stir up those affections before-hand, which will prepare a more lively expression of them when I come there. To renew Acts of Charity and Forgiveness, pass by all injuries and offences, be reconciled perfectly to my Brethren; and to take care there be not the least grudge, or spark of anger that lies buried in my Soul unquenched; all passions hush'd and laid, the Soul smooth, fair, and not a wrinkle upon its brow. More strictly and solemnly to search, purify, cleanse, and cast out all the leaven; to pray with greater appetite, praise his Name with a more delightful relish. To distaste all other things, to disburthen myself, to lay aside every weight, and the sin that so easily besets me, to get as near Heaven as possible; to render my mind more sensible of God, and more fit to receive a deeper impression from his hand. To excite the strongest Acts of Faith, the vehementest flames of love and longings after Christ and his blessings (which prepares for the enjoyment) Holy desires, joy and thankfulness at the approach of so blessed an opportunity. To renew my resolutions and vows of holy obedience, to mortify my lesser irregularities, and to bind the

B 5

obligations



obligations faster that *are* upon my Soul. To have a lively sense of the ends for which I go; in what estate my Graces stand; what I am to ask, and for what I ought to plead the Blood of Christ; voluntarily to offer more of my time and thoughts to Religious Exercises, and to do that over again with a greater fervour, which I have been doing since the last Communion. To recover my self to the same, or rather higher degrees of Zeal, Fervor, and sublime Admirations; to apparel, trim, and dress up my mind with braver Notions, and brighter Ornaments. To get my manners, carriage, and behaviour rightly formed, and handsomely composed for this Feast with the great King.

He that understands the excellency and holiness of the *Mystery*, the *Glory* of the *Guest*, the infinite *benefit* then designed, and the increase of *degrees* by the *exercise* of those previous Acts of *Holiness*; the manner so contrary, as *worthy* and *unworthy*; the *effect* of the Ordinance so much depending on the *manner* of *receiving*; the advantage so great of Communion with Christ's Body; the *danger* no less than *Damnation*; that it will set one forward, and contribute very much to an happy, or an unhappy Eternity (a man cannot at all be supposed in  
any

any state wherein this thing will be indifferent to him) will not be inquisitive, into the *just measure*, but do it heartily, devoutly, reverently, and as much as he can, put himself into a meet disposition to be *so familiar with God*.

## Solemn Sequestration.

**A** Journey, *i. e.* an unfixed Heart, undischarged of worldly thoughts, travelling up and down, a-far off, *unfit* as well as a *dead Body*, *i. e.* gross sins, for eating this *Pass-over*. *Earthly thoughts* in the Temple, if not driven away before, will be pestering, troubling me, and corrupt the Sacrifice. If I go with a loose, ungirt Spirit, I cannot instantly entertain my Lord; his work must stay till I am ready; I must be *girding* when I should be *working*, or do it awkwardly, not with dexterity and activity: *Let your loins therefore be girt, and you yourselves like men that wait for their Lord, that when he comes and knocks, you may open to him immediately.* It concerns me now to put myself into that order and state of good things, as if to morrow I were to die; to suppose my self seated before God's Tribunal, and to see whether I can reasonably hope my State is changed, my *Sins pardoned*, and mortified;

tified; to consider, that unless I dare *die that day*, if God should call me, there is little reason I should dare to *receive the Sacrament of Life*; or Minister of Death. If I be mistaken about the truth of Grace now, I am undone for ever, without true Repentance; by my unworthy going, I bind the guilt of all my other sins upon my Soul, and add this to all the rest, *guiltiness of the Blood of Christ*. He that *Communicates worthily*, is justified from his sins; and to him death can have no *sting*, to whom the *Sacrament brings life and health*. And if I judge Righteous Judgement, I shall soon find where it pinches most, what makes me most afraid, what most criminal and least mortified; so shall I learn to make provision accordingly. Enter then my Soul into my Chamber, solemnly sequester thy self from all other avocations, that we may Attend upon the Lord, without distraction. Shut up, set a Watch at the gate of thy heart; let it not be open till that *solemn day* be over; if other thoughts be hankering, and hanging about for entrance, testify against them, rebuke and threaten them, let thy Spirit in an holy indignation rise up against them; the only means that from that time forth they come no more in *such a season*. Farewel my Wife and Children, Friends, and

and secular concerns; abide you here at the foot of the mount; be hush'd and laid, deadned, and mortified, all irregular earthly Passions, and Affections: I have something else to do, you are a clog unto my Soul; tread not, nor whisper in this *solemn place*, where is no room but for God alone; trouble me not, the door is shut, I am about a great Work, I will not, cannot *open to you*.

And Oh! thou that lookest from Heaven, that fashionest the hearts of men, and considerest all their works, enlighten, enliven, and convince me; affect, assist, and prosper me; own, accept, and bless me; call in, and restrain the looseness and wanderings of my thoughts. Fix, unite, and fill my heart with an awe, a dread, and reverence of thee; with suitable thoughts, apprehensions, and meditations to the present occasion; and let my meditations be attended with suitable affections; Let all flesh be silent before thee; let thy Spirit rest upon me; let this season be improved *sincerely*, and *uprightly*, with my whole Soul, heart, and strength; to thy praise, and my great advantage at thy *Table*, and in the day when thou shalt judge the secret of mens hearts by Jesus Christ.

*Strict*

*Strict Examination.*

**I** Am about to sit at the Lord's *Table*, among his own Children; I know beforehand, the *King* (attended with his glorious Angels) will come in to see *his Guests*; Christ's Garment covers only Christ's Members; he is too *just* to be bribed, too *great* to be slighted, too *wise* to be deceived, too *jealous* to be provoked, too *good* to be forfeited. Oh! what *solemn provision* shall I make for so Sacred a Presence, but a *serious diligent, deep inquiry into, with a full and awful discussion of the particular present Estate of me Soul*; whether I be such as may be assured he will bid me *welcome*; being reconciled to him, and endued with those *vital qualifications* which predispose me for an *Ordinance* that supposes me *within the Covenant* it Seals, and to have *Spiritual Life* it sustains and nourishes, by conveying that true food of life, *Christ Crucified*. I must be *born* before I can eat; *Uncircumcised Persons* were not to eat the *Pass-over*. The *inwards of Ordinances* are only enjoyed by them that are *inwardly Christians*. Those only that bring *true Graces*, receive *real Comforts*; we *take Christ*, and then *eat him*; none find any nourishment, relish, or sweetness in his  
Blood,

Blood, but those who have received him, and so have a Propriety in, a Title to him (and the nearer the Interest, the greater sweetness:) He must be *mine*, first in claim and title, then in fruition and comfort; no juice or sap from the Vine, except a branch in it; no *Grace* is there improved, but what I have along with me; I must prove my *right* to the *purchase*, e're I can take *possession*. 'Tis High Treason to annex the *King's Broad Seal* to forged Writings; no receiving the benefit without shewing the conditions, and my *interest* in the *Covenant*; that is sealed to them only that come up to the *terms* of it. Now, this is the *Covenant* that I will make with the House of *Israel*, saith the Lord, *I will put my Law in their inward parts, and write it in their hearts, and will be their God, and they shall be my People; and they shall know me from the least unto the greatest, and I will forgive their iniquities, and remember their sins no more.* And, Oh my Soul! have I an inward right, an actual interest in this *Covenant*?

*Jer. 31. 38.  
Heb. 8. 10.*

*Is the Law of God writ in my heart? Legible by others in my conversation, and by my self in my Constitution of Soul, strongly inclined, to all sincere obedience, out of a principle of love to God, and to glorifie and enjoy him: delighting, meditating in it day and*

and night ; being renewed according to his Image, in Knowledge, Righteousness and true Holiness.

*Have I a Covenant-relation to , and interest in God?* Am I one of his people by [Federal profession,] not ashamed of, but openly declaring and avouching my self to be his, rejoicing, and glorying therein as my great privilege and happiness? [In all Covenant-relations to God and Christ?] Do I fear, love, obey, submit to, depend upon him for direction, provision, and protection? am I wholly at his dispose, as my only, wife, faithful, loving, [Father?] Do I forsake all other Corrivals, and Competitors? cleave only to him in all Conjugal love and faithfulness? Do I delight in, am I unsatisfy'd without his presence as my [Husband?] Do I purify and keep clean his Temple? demean my self towards him as my [Inhabitant?] Esteem, live upon, and rest, fully contented with him as my [Portion?] *Am I his* by [Federal appropriation?] *In all I am,* Body and Soul? are my *Eyes his*, to behold his wonderful works? my *Ears*, to hear his heavenly word? my *Taste and Smell*, to relish his surpassing sweetness in the Creatures? my *Tongue*, to proclaim and triumph in *his praise*? my *Hands*, to work that



that which is good? my *Feet*, to walk in his ways? all my senses and members, abilities, and Faculties, instruments of Righteousness? Is my *understanding* his, to know, and contemplate him? my *Memory* to treasure up, and retain his counsels and covenants, promises and dispensations? my *Conscience*, his Deputy to accuse, or excuse under him? my *Will* his, to will or nil in subordination to him? my grief, and hatred, *his*, to mourn for, abhor, and fly every thing offensive to him, or obstructive of my delightful enjoyment of him? my desire, love, and delight *his*, to long for, embrace, acquiesce fully and contentedly in him? *Am I his, in all I have?* Do I approve my self *his* in all my relations and stations, inward qualifications, and endowments, outward goods and possessions? *In all I can do or procure, undergo and endure* for him? Am I willing and ready to give my self to and for him? taking up my Cross daily and following him? rejoicing I am accounted worthy to suffer for his Name?

*Have I a sanctified knowledge of God?* as to his Essence, Attribute, Personal distinctions, Word, and Works? of *Man* in his Creation, Fall, Restauration, and Perfection; of *Christ* in his Person, Offices and E-  
states

states of the *Covenant of Grace* in its freeness, conditions, and benefits? of the *Lord's Supper*, in its Nature, Use, and Ends? And is this my *Knowledge* experimental, heart-purifying, and humbling, communicative, growing, affectionate, efficacious, and obdiential?

*Are mine Iniquities forgiven?* Do I groan under *them* as my greatest evil and heaviest burthen? forsake *them* in affection and practice? have I sincerely confessed, bewailed, loathed *them*, and my self for them? unfeignedly striving against, and desiring to be freed from the filth, power, and dominion of sin, as well as the guilt and punishment of it; from a love and sense of God's kindness, and goodness to me? Is my heart calmed and quieted through Faith in Christ, being thereby at Peace with God? Is it enlarged to bless him for Pardon? Am I earnest with him more and more for assurance of it, for purity of heart, and establishment in his ways? Is there in me a hearty, sincere disposition, and propensity to pardon the offences of others? pitying, and lamenting, meekly reproofing, and covering their infirmities: a readiness to help them, rejoicing in their welfare as my own, especially the meanest Saint, in whom is all my delight? *Christ* is not to be received of all

*Comers,*

Comers, (a) nor entertained by every Guest, (b) nor touched by every hand, (c) nor found by every enquiry. (d) He is offered in the Gospel to all, but gives himself here; and is received by such alone as have, and have I, a Spiritual hunger and thirst after him? (e) An Ear to hear him, (f) An Eye to see him, (g) A Foot to come to him, (h) A Hand to take him, (i) Arms to embrace him, (k) A Mouth and Taste, to eat and drink, relish and digest him, (l) A Breast to retain him, (m) Bowels of affection towards him, and his Members? A Heart to mourn for my piercing of him? to be truly thankful for, and above all to prize him?

*Are not these infallible Scriptural characters of Christ's Disciples? Can I appeal to God, and say, Lord thou knowest all things, thou knowest that it is thus with me: or am I willing to venture my eternal condition, my last gasp upon my present hopes? Have I a solid ground of confidence, when I shall appear naked before God's Bar, when the secrets of hearts shall be manifest? Will these*

(a) John 1. 12.

(b) Cant. 3. 4.

(c) Mat. 9. 21,

22.

(d) Cant. 5. 6.

(e) Mat. 5. 6.

(f) Mat. 13. 9.

(g) 1 Cor. 11. 29.

(h) Mat. 11. 28.

(i) 1 Cor. 11. 24.

(k) Cant. 3. 4.

(l) Cant. 2. 3.

Mat. 26. 26.

(m) Eph. 3. 17.

these Pleas find acceptance in that day, when all the World must be saved or damned by him? Oh my Soul! make nothing the *foundation of thy Peace*, but what God hath made the *condition of thy Salvation*; let nothing *satisfy us now*, but what will *save us then*; for if our hearts condemn us, God is greater than our hearts and knoweth all things: but if our hearts condemn us not, then have we Confidence towards God.

*Deep Humiliation.*

**B**Efore I go for a full Discharge, I must narrowly look into the *Book of Conscience*, and see how infinitely I am indebted to my God; view my self in the glass of the *Lam, and Gospel*: Search my Soul so to the bottom, that none of my wounds may fester, but be all discovered and cured: consider from whence I am fallen, before and since the last Communion, and repent: and Oh that I may be so sensible of my *sins and misery*, that I may be truly apprehensive of, and thankful for infinite love and mercy.

I dare not presume to compass thine Altar, most holy Lord, before I have washed my hands in innocency, purified my

my heart by Repentance, and Faith in the blood of my Redeemer. I will now therefore call *my sins* to remembrance, and set them in order before mine eyes, and remember mine own evil ways and my doings which have not been good, and loath my self in my own sight for my iniquities, and for my abominations.

Oh I am not able to reckon up or remember my innumerable breaches of thy most holy *Commandments*. The

1. By not knowing, not chusing thee, not believing in thee, not esteeming, adoring, loving, desiring, fearing, obeying of, trusting, joining in, acquainting my self with, not demeaning my self towards thee, as *God* and *my God*: but preferring sin, self, Satan, the world, any thing before *thy self*. The

2. By misapprehensions, gross conceits of thee, not setting my whole delight in, reposing all my confidence on, expecting all my happiness from, addressing all my complaints, prayers, praises unto *thee*; not worshipping thee as to manner and means agreeable to thy Word. The

3. By not acknowledging, or effectually remembring and delighting to speak of *thee* as I have had occasion, (to make thy praise glorious) or doing it irreverently, dealing

dealing falsely in my Covenant with thee ; not vindicating thy *Honour* , not grieving for thy *Dishonour* ; weariness of thy commands, non-observance, distrust , misapplication of thy *Providences* ; unthankfulness for great *Mercies* ; dejection , impatience under small *Crosses* ; insensibleness, incorrigibleness under *Judgments* and *Afflictions*, not using thy *Name*, Attributes, Ordinances, Words, Works, every thing whereby thou mayest be known, as is required. The

4. By unmindfulness beforehand to prevent or avoid whatsoever might distract in the Duties of the *Sabbath* ; not preparing my self for it ; needless Thoughts, Words, Actions upon it ; mis-spending it for idleness and vanity ; not performing *publick* and *private duties* of Prayer , Reading, Hearing, Examination ; whetting thy Law upon my heart and others ; contemplating upon thy Word and Works with that care, reverence, sincerity, spiritualness, profit, and delight, as I ought ; not calling the *Sabbath* a delight, holy of the Lord, and honourable. The

5. By not behaving my self answerable to my several *Relations* ; with all due Reverence and respect to my Natural , Ecclesiastical , Political *Parents*, in heart, word, behaviour

behaviour towards, prayer, thanksgiving for *Superiors*; covering their infirmities in love: not admonishing and encouraging *Inferiors* in well doing; not by a grave, wise, holy, exemplary carriage, procuring glory to thee, and preserving the honour and authority thou hast put upon me; nor regarding the dignity and worth of my *Equals*; nor rejoicing in their gifts, advancement, and prosperity, as my own. The

6. By sinful anger, hatred, secret grudges, injurious thoughts, excessive passions, distracting cares, immoderate use of diet, labour, rest, and recreation; by reviling, saddening, provoking, grieving Speeches; by falling short in maintaining mutual friendship, and in following peace with all men; by sowing discord among brethren, and concealing their dangers; unprofitable conversation, quenching, and suppressing holy suggestions; by preferring things of time before Eternity; or, by whatsoever may tend, not to the health, but prejudice of my own, or others Soul or Body; not weeping with them that weep; being senseless, hard-hearted, unaffected at publick evils, and others miseries. The

7. By unchaste thoughts, purposes, affections, or listning to them; not labouring to quench my fleshly concupiscence,  
by



by watching over my senses, heart, and ways; not shunning all occasions to, or acts of *uncleanness*, in or with my self, or others: not keeping my Body and Soul from all filthiness of Flesh and Spirit; but making my heart a cage of impure thoughts, my mind a sty of the unclean Spirit. The

8. By unbecoming arts in Bargaining, not *dealing* with *others* as I would they should with me: not endeavouring by all just means to procure, preserve, and further the welfare of others as well as my own: By with-holding good from them to whom it is due, suffering Christ to stand at, and go away from my door, hungry, cold, naked, succourless; and when the leanness of his cheeks pleaded pity, the hardness of my heart would shew no compassion. The

9. By slandering, back-biting, detracting, reviling, harshness, flattering, misconstruing, discouraging, sinister *Intentions*, *Words*, and *Actions*: listening to, and spreading the Faults of others; not being charitable in my thoughts and speeches to them; not freely acknowledging their Gifts and Graces; not readily receiving a *good report*, but willingly admitting an *evil one*; not discouraging tale bearers, flatterers, slanderers; not loving, desiring, rejoicing in, caring for, defending and upholding their

their *good name*; not sorrowing for, and covering their *infirmities*; but practising, or not avoiding my self, or not hindring what I can in others, such things as raise jealousies and suspicions, procure an *ill name* to my self or others. The

10. By self-love, evil thoughts, inordinate prizing, and affecting, distrustful, distracting solicitous care and study in getting, keeping, or using *temporal things*; by discontent with my *own estate* envying and grieving at my *Neighbours*; unlawful motions and affections to things that are *his*.

And to these I have added multitudes of sins against the *Gospel*; by not as I ought labouring to acquaint my self with it, by Ignorance, and slighting of it, not sufficiently esteeming, admiring, and being thankful for that infinite love in my *Redemption*; not loving, rejoicing in *Christ* and him Crucified; not relying on, and owning of him in all his offices: not accounting all things loss and dung for him; not taking that pains I ought, to know him, and the power of his Resurrection, and the fellowship of his sufferings, and to be made conformable to his death; that if by any means, I might attain unto the Resurrection of the dead; and be made perfect, as my Father in Heaven is Perfect.

fect. Not claiming his *promises* as my heritage, not esteeming *them* the joy of my heart, and as unsearchable riches, exceeding great and precious; not believing, prizing, imbracing of, hoping, waiting for the *good* of *them*, with so much readiness and stedfastness as their *excellency* and *certainity* require; and applying them as I ought to *this* and the *next life*; being not careful *they* might have their due effects on my Soul, in making me partaker of the Divine Nature; not dying daily to *sin*; nor acting, and growing in *grace*, and in the knowledge of Christ: not thirsting after Righteousness, and that poor, mournful, meek, merciful, pure *Spirit* that shall be blessed; not confessing, but being ashamed of *Christ* before men, and my relation to *him*; not denying my self, and taking up my Cross, and following *him*. Not doing all things to the glory of God; nor rejoycing in him always. Not *receiving*, not *doing* the *good*, nor improving time, mercies, judgments, foreign perturbations, national discontents and divisions, irreligious confusions, domestick distinguishing favours, as I ought. Strangeness, niggardliness unto, inconsiderateness of the worth, fearlessness of the loss of my precious *Soul*; caring more for the *Body* than it,

it, or others; not troubled for such as are negligent, and murderers of theirs. Not sufficiently *convinced of*, and *humbled* for the *corruption* of my nature, mind, conscience, will, affections; of the evil of sin, and lying under the wrath of God; hiding, excusing, lessening of, not making that narrow search after, not being grieved for my *sins* in any proportion to their *multitude* and *greatness*; as considering that wretched injustice, folly, and unkindness I have expressed by them; loving darkness, hating the light; receiving the grace of God in vain, turning it into wantonness; Crucifying the Son of God afresh; tempting, grieving *the Holy Spirit*; hardly forsaking my beloved sin *for thy sake*, who hast freely given thy only Son for *mine*. That carefulness, that clearing of my self, that indignation, that fear, that vehement desire, that zeal, that revenge, that watchfulness, resolving, and striving against sin, improving all advantages for avoiding and subduing it: I find not that is wrought in those who *sorrow after a godly sort*; nor applying my self with all earnestness to the only means of Pardon and Reconciliation in the Gospel.

Time and strength would fail me, to repeat how oft I am partaker of Family,

National, Church, other men's *sins*; by setting an ill example, by provoking, consenting to, conniving at, countermanding, permitting *sin*, where I might correct or hinder it; hating my Brother in my heart by suffering sin upon him. By delightful society with evil doers, taking pleasure in that which should be the cause of my humiliation, to see them pave the way to Hell with their own hands; making that matter of sport, which nothing but the dearest drop of the hearts blood of God could expiate; laughing at that which makes damned Souls shed rivers of tears: *they shall be damned that have pleasure in unrighteousness.* By not seeking the things of Christ as my own, not preferring *Jerusalem* above my chief joy: not having the care of the Church lying upon me. My heart trembles not for fear of the Ark; nor is my Soul vexed from day to day with their unlawful deeds among whom I live. Oh, how little do I *mourn* for the sufferings of others, for the signs of God's anger, for the sins of the times! when do I go apart and mourn for *England's* crying abominations, or look upon *London*; Ah sinful City, and weep over it?

And, Oh the infirmities, imperfections, iniquities of my *holy things*! Oh how much

much unpreparedness, impenetency, unbelief, pride, hypocrisie, unspiritualness, earthliness, formality, slightrness, deadness, heartlessness, distraction, indisposition, weariness, want of relish, *attends my attendance* on so great a Majesty. Unanswerable walking, resting in the meer *outside* of Duty, when I do not enjoy Communion with *thee* in *them*?

And dare such a guilty, abominable *sinner* sit down with *thee* at *thy* Table? Such a *Dog*, that hath so often returned to his Vomit, go and take that which is so *holy*? Such a *Swine* wallowing in the mire, have to do with those precious Pearls, that have so often trampled them under my feet; either carelessly neglecting, or unworthily receiving those *holy Mysteries*; rather desying than adoring thee, by bringing such troops of my Saviour's professed Enemies (unrepented sins) along with me; as if I came not to *commemorate*, but to *renew his passion*, to Crucify him afresh. Oh I have much reason to fear *I am guilty of the Body and Blood of the Lord*, by *eating and drinking unworthily*; in that I have not hungered and thirsted after, nor partaken of it so *often* as my necessities, and opportunities require; nor approached it with such a solemn *preparation*, examination,

humiliation, and cleansing the secrets of my heart from all sin; nor renewed the *Covenant-conditions*, *Faith* and *Repentance*; nor received it with that reverent behaviour, and those inward dispositions; nor been so especially careful in *making good my Covenant Engagements*, and *Resolutions*, as becomes a *worthy Communicant*. Oh how can such a loathsome wretch go to be entertained by thee in so near a Communion, that cannot expect, that am below the least good look from thy gracious Eyes? Oh how dare such a vile miscreant presume to drink of the Cup of Blessing, who have deserved such a Curse from thy hands, as that thou shouldst hurry me to the *Bar of Justice*, and not admit me to the *Seals of the Covenant of Grace*: to be covered with shame and confusion of face, while thy Children come with boldness, and present themselves before thee, arrayed in the righteousness of thy Son; whilst they are lifting up their heads with joy, knowing the time of *celebrating their Redemption* draweth nigh; I may be hiding my self in the Dens and Rocks of the Mountains, saying, *fall on me and hide me from the Face of him that sits on the Throne*: Dragged away by cursed Fiends to the place of Torment, with hideous shrieks

to



to an innumerable company of Devils and Damned Souls ; instead of going to the House of God, the Assembly of his People, with the voice of joy and gladness , with a multitude that keep holy day. While the Son of Righteousness rises with healing in his wings , unto those that fear thy Name ; thy wrath may burn against me as fire , and consume me as stubble. The day of joy and gladness , feasting and rejoycing , Sacrifice and Atonement to thy sincere Servants , may be a day of wrath and trouble , darkness , and gloominess , distress and desolation to me. While they with joy of heart, are saying, *Come let us go unto the House of the Lord ; Oh our feet shall stand within thy Gates, O Sion, thy Courts, O God !* I may say, *The great day of his wrath is come, and who shall be able to stand ?* Instead of holding out the Golden Scepter , thou mightest break me with a rod of Iron , and dash me in pieces like a Potter's Vessel : while they are rejoycing and giving honour to thee at the Supper , I might lie under the *wrath of the Lamb* ; lifting up my eyes in Hell , begging a drop of water to cool my Tongue : I might see *them* sit down with the King at his Table , and *my self* thrust out into that place , where is nothing but weeping and wailing , and gnashing of teeth. Thou

art ready to entertain those that are *bidden*, but I am not *worthy*. For *making light of thy Provision and Invitation*, preferring the things of the World before it, thou mayst justly say, *I shall never taste of thy Supper*: or if I go, it might be not for the better, but for the worse; I might meet with a frown instead of a smile; a blow, a breach, a curse, instead of a blessing. Thou mayst instead of *Bread*, give me a *Stone*; for the *Cup of the New Testament*, a *Cup of Wrath and Trembling*. Thou mayst turn my *heart* into a *stone*, instead of turning my heart of *stone* into a heart of *flesh*; the bread of life may be to me a stone of stumbling, and a Rock of offence, to fall on me and grind me to powder. For my going aside from thee, and defiling my self, the *Wine* that comforts and makes *worthy Receivers* fruitful in grace, may be unto me as the *water of Jealousie*; bitter within my Bowels, causing my belly to swell, and my Thigh to rot; and I may be a curse among the People. *His Blood* might be laid to my charge, for my condemnation, sealing up all my other sins; instead of being *sprinkled* upon my *Conscience*, to humble me for, and cleanse me from all sin.

*Behold I am vile*, viler than the Earth, but look upon me in thy Son, and thou wilt love

love me, and be well pleased with me ; mine only hope is in that grace and mercy made known in and through *him* : I have broken thy commands, but he hath fulfilled them ; affronted thy Justice, but he hath satisfied it ; deserved thy wrath, but he hath endured it ; the chastisement of my peace was upon him, let the merit of his righteousness be upon me, and by *his stripes* let me be healed. *His Blood* is my only *refuge* ; Oh let it be my *atonement*, or I perish eternally. Wherefore didst thou *shed it*, but to save sinners ? Remember not what I have done against thee, but what *he* hath done and suffered for *me*. Oh when I consider thy *greatness* and my *unworthyness*, thy *purity* and my *uncleanness* ; thy *glory* and my *shame*, I am confounded, and *discouraged* ; but when I consider thy *mercy* and *wisdom*, bounty and goodness, readiness to forgive, and desire to impart thy self unto thy Servants ; then I am *encouraged* to come with boldness unto thee. Thou never despisedst him that called upon thee, or forsook any that abode in thy fear : It was never known that any who trusted in thee were ever confounded. Oh respect not the *greatness* of my *offences*, but of thy *goodness*. though I have so often broken my part of that Covenant the Sacrament

Seals, yet be thou pleased to make good *thine*, to be merciful to my unrighteousness, and to remember my sins and my iniquities no more. Thou knowest how intolerable a thing it is to lie under thy wrath to all eternity, and therefore lovest to do miracles of mercy, because thou lovest not that a sinner should perish. Have mercy upon me according to the multitude of thy tender mercies, blot out my transgressions: wash me thoroughly from mine iniquities, and cleanse me from all my defilements, with the merit and virtue of *that Blood* which thou hast so abundantly shed for penitent sinners: so shall I have no spot in me, for which thou wilt judge me at thy *Table*, or condemn me at thy *Tribunal*.

Being in Christ reconciled unto me, give further evidences of thy fatherly affection, by bestowing a double portion of thy grace upon me, now thou callest me to *this Ordinance*; and who is sufficient for these things? I have neither a *meet Sacrifice* to offer, nor a *meet Temple* to receive thee. I know not what to say; or do; how to pray, or receive, prepare, or behave my self; not sufficient of my self, to think any thing as of my self, but my sufficiency is of thee; the preparation of the heart, and answer of the tongue is from  
*thee;*

thee; the God, the promiser, the giver of grace, as well as glory; that invites all to come unto thee, with assurance of finding with, and receiving from thee, whatsoever is requisite for their refreshment, support, and comfort; *Ho, every one that thirsteth, come ye to the waters; and he that hath no Money, come ye, buy and eat; yea, come buy wine and milk without money and without price.* Thou preparest a Table for us in this Wilderness, where we eat of thy own Bread, and drink of thy own Cup; O-mittest no expression of tender love to treat us as a most indulgent Father. But shall the time of receiving come, before thou comest into my Soul, to stir up thy graces in me? Canst thou that *so lovedst me*, who was of no worth, while yet in my sins, as to die for me, *neglect me in thee*, now I have given my self unto thee? Shall I, whose only hope is to be saved by *Christ*, be sent away with the *guilt*, instead of the *comfort of his Blood*? Oh of his fulness let me receive, and grace for grace: let thy Spirit help mine infirmities, thy grace be sufficient for me, thy strength be made perfect, more eminently manifest in weakness. Array me with the righteousness the Saints are cloathed with, put upon me the Lord Jesus; let me be found *having on a Wedding-*

*Wedding-Garment at the Wedding-Supper ;* such a preparation of Soul as may qualifie me for it, such a degree of reverence and humility, saving knowledge, godly sorrow, renewed repentance, new obedience, lively faith, unfeigned love, joy and thankfulness, holy desires, self-denial, suitable, solemn, heavenly meditations, as becomes a worthy Communicant. O thou true food of my Soul, receive me into thy favour, who am to receive thee; quicken me with thy Spirit, feed me with thy Flesh, satisfy me with thy Blood, vouchsafe me thy Grace, communicate to me thy Nature, let me receive life from thee to act and live unto thee, who measurest not thy gifts by our petitions, or deserts, but our wants, and thy own mercy.

*Earnest Supplication for Requisite Qualifications.*

**T**O go to that Ordinance which requires all imaginable liveliness and activity, with dull and cloudy affections, will be my sin, and an aggravation of it, if through want of diligent endeavour I get not my Soul affected and inflamed, by stirring up the Graces of God in me; and whither shall I go for this, but unto thee, the author and finisher of them? How shall I do it but by thee? O do it for me.

Affect

Affect my heart with an awful *Holy Reverence, and self-abasement,* upon my so near approach unto thee in this solemn Ordinance; towards the greatness of thy Majesty with whom I there come to renew my Covenant; towards the excellency of thy Son, whom I come to receive into my Soul; towards the holiness of thy Spirit, whose assistance I hope for, and by whom I come there to be established in my Union and Communion with Christ and his Members. Oh how durst I who am nothing but folly and infirmity, misery and sin, shame and death, presume to come so nigh (for behold the Heaven of Heavens cannot contain) *thee* unless thou hadst *invited, and commanded* me? If so much Sanctity, Reverence, and Devotion was requisite as to the Ark, the Temple, the receiving thy Law; O how shall I behave my self now I go to receive thy very self; or *Communicate with thee*, that deserves not to *come before thee*? Oh how *Humble* should I be, who am to receive a gift of free Grace? Was he *Humble* that was all Purity, and shall I be proud who am so defiled? The high and lofty one dwells not in a haughty heart, but with him that is of a contrite, humble spirit: nor will he that humbled himself to the death, be taken  
into



into a proud Soul. O that I may therefore have Grace, whereby I may serve thee acceptably, with reverence, and godly fear, and be cloathed, not only with the *Righteousness*, but *Humility* of Christ; be low and mean, base and vile in my own eyes: I am not worthy to be called thy Son (make me as one of thy meanest Servants,) nor of the lowest room at thy Table; O give my sins thy pardon, my Soul thy Grace, my person and service thy acceptance in thy beloved; and what thou dost convey, seal to me by what I am to receive.

Without *Knowledge* in the Heart, <sup>*Saving Knowledge.*</sup> the Duty cannot be good; but the *Covenant* thou hast made with thy people is, *they shall all know thee from the least to the greatest.* O let me come with *Knowledge* of the nature, necessity, use, and ends of the Ordinance. Direct me how to behave my self at, and meditate upon those Divine mysteries, that I may not be a blind offerer, nor bring a blind offering; but offer unto thee a lively Sacrifice, holy, acceptable and reasonable Service; that I may receive with understanding, discern the Lord's Body; look into the mysteries of the Sacrament, lest not knowing the *meaning*, I feel not the *comfort* of it; but be alienated and estranged from thee through the ignorance that is in me.

(That

That I may eat the Passover with bitter herbs, *give me a deep sense of my own vileness and unworthiness* : take away this Heart of Stone, and give me a Heart of Flesh, that I may loath my self in my own sight for mine iniquities, and for mine abominations ; be filled with shame and sorrow, hatred and indignation against my self, for my offending so good and gracious, so loving and bountiful a Father, Redeemer and Sanctifier : That I may look upon him whom I have pierced, and mourn with detestation and holy revenge against those *my sins* that cost him so dear, were the *cause* as well as any other mens, of his death, and would have *cost* me damnation ; abominating them as the scourges and thorns, nails and spear that afflicted, Crucified my dearest Saviour, the Lord of Glory. The day of mourning for him is at hand. Oh that I may then slay my most beloved Lusts ! be revenged on them for it, and for their endeavouring to rob me of my spiritual Birth-right, my eternal Blessedness. Let me call to mind and be truly sensible of every sin, and of the evil of it ; and of thine and my Saviour's Love manifested to me in his Sufferings. There where he appears most *Bloody*, let *sin* appear most deadly ; that I may receive a broken, bleeding

Godly  
Sorrow.

bleeding Christ, with a *broken contrite Heart*; a Sacrifice thou wilt no despise, O God, prepare it in me; that being weary and heavy laden, I may be refreshed and washed in his blood.

*New Obedience.*

And seeing thou givest thyself only to thy *Disciples and Friends*; work in me *fresh purposes of amendment*; that being willing and obedient, I may eat the good of the Ordinance, Let there be *conformity*, that there may be *Communion*; let me not put that new Wine into an old impure, but new Heart. I cannot eat the *Passover* and stay in *Egypt* still; Let me do it with my *Loins girt*, ready to march toward the *promised land*. Thou confirmest thy Covenant, and expectest I restitulate with thee; that I cast out and execrate the old Leaven. Seeing the *Covenant of Grace* sealed, let me seal a *Covenant of Obedience*; seeing by the *merits of Christs death* I am purchased to be thine, by the power of it, let me be dead to sin, and receive the life of Grace, and change my Life and Conversation; let me bring a *wounded heart* to, and carry *wounded sins* from thy Table; die to sin, seeing *Christ died for sin*; let me take him by way of Surety, and give up my self to him by way of surrender; receive him as a Saviour, and

and submit to him as a Prince; set my self apart for thee on that *Feast of Dedication*. Let me approach with the most sincere fixed resolutions of an intire resignation; and receive such grace and strength from thee, as may enable me faithfully to perform them; that I may find my self in the number of those to whom my Saviour allows such special Manifestations of himself, by lifting up the light of his Countenance upon them, by intimating his good will and love to them, his fulness and righteousness for them, as shews his constant abode with them.

Let no prophane or unseasonable thought enter into my Mind *Purity.* while I am about that holy Solemnity; let me lay aside, leave behind me, and be kept from all carnal, earthly, vain thoughts and imaginations; drive away all drowsiness, carelesness, sloathfulness, negligence of Spirit; that I may wholly contemplate upon, and give up my self unto him, who Sacrificed his Soul and Body for me; and come before thee with such reverential hungering, and holy affections, as is due to the hand that reacheth, to the Seal that secureth, to the Food that strengthneth that *spiritual life* in us, without which we can never be happy. O thou  
that

that callest me unto thee, let thy compassion pity my vileness; let thy mercy pardon my sinfulness; let thy grace cleanse my filthiness; let thy wisdom enlighten my darkness; let thy strength support my weakness. Adorn me with a *Wedding-Garment*, the righteousness of thy Son, and holiness of thy Spirit; that all my nakedness may be covered, and my great deformities hid from thine eyes. Pardon me by thy mercy, that I may receive thy grace, and fit me by thy grace, that I may receive thy mercy; help me so to accuse my self, that thou mayst acquit me; so to judge and condemn my self, that thou mayst absolve me; so to exercise a holy revenge upon my self, that thou mayst spare me. Let thy Spirit be thy *Harbinger* to provide entertainment for thy Son in my Soul, that he may find it swept of sin, and garnish'd with grace; make it *day* in my Soul by hopes and desires before I there receive the *Son of Righteousness*.

*Faith* is thy own gift, as well as *Christ*; I believe, Lord help my unbelief, that I may sprinkle my Soul and Conscience with his Blood; not only look upon, and remember, but close in with, and receive *him* there tendered: Eat his Flesh, and drink his Blood: apply *him*,  
as

*Faith.*

as taking on him our *nature*, and giving it as a ransom for sin; that I may not stagger at the Promise through unbelief, but be strong in Faith, giving glory to God; being fully persuaded that what thou hast promised thou wilt perform. When I see *Bread* and *Wine* upon the Table, let me see Christ there as a *Feast* in token of my Reconciliation with thee, and on the Cross as a *Sacrifice*, offering up his *Body* and *Blood* to thee: observing the *Bread* broken, let me see Christ Crucified for, and offering himself unto me: upon the *Wine* pouring out, let me behold how his Blood was poured forth for my sins. As I receive Bread and Wine for bodily sustenance, so cause me to feed on, digest and improve his body and blood; having the same expectation of Spiritual and Eternal life from him, that I have of temporal life from my food. Let me eat not only the *Bread of the Lord*, but the *Bread which is the Lord*; that as by my senses I receive the Elements to my *Corporal*, so by Faith I may receive and apply him to my *Spiritual nourishment*. Let the Ordinance be a lively resemblance, remembrance, and application of the *sufferings*, and earnest of the *Supper of the Lamb*. Let Christ be so lively set forth, as if Crucified before my eyes, dying for me: that beholding

beholding and embracing him, and even putting my fingers into the print of the nails, in his hands and feet, and thrusting my hand into his side; I may be so fully persuaded of his suffering for me, that I may not be *faithless* but *believing*; saying, *my Lord and my God, he loved me and gave himself for me; my beloved is mine and I am his.* O that I may so touch him, as I may find and feel strength, Peace and virtue come from him, and be healed of all my uncleannesses; that they may not be unto death, but unto the *glory* of thy *mercy* in *pardoning*, and *grace* in *purifying* so polluted a Wretch. That it may be the food, the feast of my *graces*; the poison, the Funeral of my *corruptions*. Let me so feed upon his blessed Body, and bath my Soul in his precious Blood, that my Soul may magnify the Lord, and my Spirit rejoice in God my Saviour; whom having not seen I may love, in whom though I see him not, yet believing, I may rejoice with joy unspeakable and full of glory. Circumcise my heart to *Love thee* with all my Soul, and with all my strength. *Love.* Let my heart be ravished with this infinite mercy in thee to *sinful miserable man* in contriving and giving so glorious a Redeemer and Redemption to save him; and



and now in presenting us with such Seals of his Love, and admitting us into so near, so holy a Communion: For this let me be constrained into love to thee, and thy Son, and to man for his sake; and into a steadfast vow of living and dying to thy service; that I will give and forgive, do and suffer any thing for thee. Let me be filled with holy Raptures, joys and hopes in this thy so great a goodness, which having done this, will deny me nothing, (and maugre the rage and malice of hell) not see my soul lost, for whom all this is done. Oh let me meet with strong endearments of *Affections*; melting and flowing over towards thee, languishing with desires to enjoy thee, even turned into, made up of love for thee; that I may be the Disciple whom thou *lovest*, and laid in thy Bosom. O deal with me as thou often dost with them that draw near to thee: though I burn not with so hot a flame, yet through thy grace I crave it of thee; that I may participate with, and be numbred amongst such *fervent Lovers*. If I cannot say I am *sick of love*, yet I am *sick* that I *cannot love thee*. There wilt thou give me thy love; admission to more familiar fellowship with thee, clearer manifestations, sensible feeling and assurance of thy love and affection  
unto

unto me, that I am beloved of thee. Give me grace to love the Lord Jesus in sincerity; let him dwell in my heart by Faith and Love; that being rooted and grounded in Love, I may be able to comprehend with all Saints, what is the breadth, and length, and depth, and height, and to know the Love of Christ which passes Knowledge: that the remembrance of him may pierce me with grief, transport me with love, captivate my will, engage all my affections to him and for him. And let me know that I am passed from death to life, because I love the Brethren. Shed abroad thy Love in my cold frozen heart, and inflame it with fervent affections to thee and thine. While my Love is burning towards thy self, O how can it choose but be imparted to thy Friends, who sincerely love thee, and on whom thou hast set thy heart, and shed thy Love, and to whom thou hast given thy Spirit, whereby they are made like unto thee? Let those be lovely in my eyes to whom Christ is precious. Let none of us come to that Love-Feast with uncharitable Spirits. Oh that our Father in Heaven may look down upon his Children feasting together in mutual love and delight, in the remembrance of all that Love he hath shewn us, and joyful expectation of  
what

what further he hath promised to us.

Let me not sit sad and dejected, as if I liked not the Provision, or thought my self not welcome. Make

*Joy and Thanks-  
giving.*

*this* magnificent solemn *Feast*, these Coelestial Viands wherewith thou feedest thy People, by thy gracious, comfortable discoveries of thy self, a Spiritual Banquet unto my Soul, a Feast of fat things, a Feast of Wine on the Lees, of fat things full of Marrow, of Wine on the Lees well refined! Do not only stand and knock, but open the door of my heart; vouchsafe to come in and abide *with me*, that there may be a comfortable converse: sup with me and let me sup with thee, that I may be abundantly satisfied with the fatness of thy house, (feel and find abundance of Soul-satisfaction in the Ordinance) and do thou make me drink of the River of thy pleasure: quench my thirst after *carnal*, and let me be filled with *Divine pleasures*, ravishments, and contentments flowing from the inexhaustible fountain of Divine Plenty. Let my *Soul* be satisfied as with Marrow and Fatness, and my mouth praise thee with joyful lips. Let me come before thee with thanksgiving, and praise thee with my whole heart. Let there be Angels work at Angels food; make me joyful

joyful in thy house of Prayer. By and for him let me offer the *Sacrifice* of Praise to God, the fruit of my lips giving thanks unto his name in the great Congregation, and praise thee among much people.

Thou art ready to give bread to the *hunger*, to fill them with good things; and the water of life to him that is *athirst*. Thou art not straitned in thy self, but I am straitned in my own Bowels; the *desire* and the *meat*, the *necessity* and *relief*, are all from thee. O thou that providest that Heavenly food, give also a suitable relish and digestion. Bid, and make me *welcome*; say, eat, O Friend; drink, yea drink abundantly, O Beloved! O create and stir up in me earnest longings and a *Spiritual Appetite*; that I may be made partaker of the good things thou hast prepared for me, with enlarged affections, and desires after, answerable to my need of the *Ordinance*, and Christ offered in it, as full nourishment for my Soul under the forms of Bread and Wine; and with strong expectations to receive him and his benefits. With desire let me desire to eat this Passover; open my mouth wide that thou mayst fill it: As the Hart panteth after the water-brook, so let my Soul pant after thee, O God.

*The Evening Close.*

**A**N D now, O gracious God, leave me not to the dulness, the deadness, the hardness, the impenitency, the unbelief, the barrenness, the earthliness, the impotency, the distraction of my own Heart! O enrich the *Ordinance* with thy own *Presence*. While the *King* sitteth at his *Table* let my *Spikenard* send forth the smell thereof. Descend into my Heart by the Excitations of thy Grace, and influences of thy Joy; and let me ascend unto thee by the exercise of grace, and pious addresses. Awake thou North-wind, and come thou South, blow upon my Garden, that the Spices thereof may flow out: make every Grace in my Soul lively, active, and fragrant, by the breathings and inspirations of thy holy Spirit. O abide with me because it draweth towards the time of *Receiving*; what do I there if thou be not there? If thy presence go not along with me, carry me not hence. Let Christ appear unto, and be known of me in breaking of Bread; let me carry away not only Bread, but *Light*, *Life*, and *Health*; that with open face, beholding as in a glass the glory (the love, the mercy, and goodness) of the Lord, I may be changed into

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the same Image, from glory to glory, even as by the Spirit of the Lord. O let me remember, and do thou remember what thy Son hath suffered, that I may be thankful, and thou so *sensibly gracious* unto me, that I may taste and see how good the Lord is.

I am altogether *unworthy* of my desires; but what thou doest for any, is not because they are *worthy*, but because it pleaseth thee to do for thine what they ask of thee according to thy Will. With what confidence go we to Market with *Money* in our hand? we doubt not of returning without our errand; O we would come as confidently to thee expecting the giving out of grace to us, as if we were able to purchase it: for thou hast bid us, *come, buy Wine and Milk without Money, and without price*; and hast promised, and art more willing to give *the Spirit* to them that ask it, than Parents *Bread* to their Children, *which* they cannot deny, whatever shift they make for it. Our love to our *Children* is but hatred; our Compassion hardness; our Bowels Rocks, in comparison of *thine* to *thine*. Why then wilt thou not hear me? turnest thou a deaf ear to me? Canst thou deny me? Did any of the Seed of *Jacob* seek thy face in vain? Who ever approached to this over-flowing Fountain of sweetness, but carried

carried away some drops? or sate by so great a flame, and received not some warmth from it? Why then lies my Soul so cold, so frozen, so dead before thee? O wilt thou not relieve a hungry Beggar? Wilt thou not grant the request of an importunate Petitioner? Shall I go away empty from an inexhaustible Treasure? Hungry from a Feast? Dry from a Fountain? Cold from the Sun? Sad and comfortless from a *Feast of Love*? Oh! make it a type and earnest of our *Eternal Banquet*: Lead me to *that* by *Faith* and *Love*, and Seal me to it in *Spirit* and *Conscience*; let me enjoy thy lightsome,reviving company in this state of absence and obscurity. Away my Soul from this dark, deceitful, vexing World; love not thy Disease, thy Fetters, thy Calamities; join not with those that take up their *rest* on this side *Heaven*, saying, *it is good to be here*. Woe is me that I sojourn in *Mesech*; that I dwell in the Tents of *Kedar*; that I remain in this sinful, polluting place, among a strange People, and am kept so long from my *Father's House*. O that I had wings like a Dove, then would I *fly away and be at rest*; loe, then would I wander far off, (as legs and wings could carry me) and remain in the Wilderness; I would live in the solitariest



place of the Earth, for my greater freedom from sin, and enjoyment of God. This flattering, vexing *World* should soon seeme quit it; my base heart should soon be rid of me, rather than undergo their uncessant troubles: I would hasten my escape from the Windy Storm and Tempest. *O wretched man that I am, who shall deliver me from the body of this death?* which so oft troubles, grieves, and overclouds me, distracts and hinders me, allures and intangles me? When shall I have done trifling and dallying, roving and repining, fretting and disputing? When shall I only talk and walk with thee? be composed and fixed; Spiritual and Heavenly; love, chuse, and obey thee? delight, rejoyce, joy, and glory in thee? *O* when wilt thou unloose the cords of this tottering *Tent*? When shall this *Mud wall* crumble into dust? When shall my Earthly house of this *Tabernacle* be dissolved? When shall I be carried to those Eternal Mansions? Why is his *Chariot* so long in coming? Why tarry the wheels of his *Chariot*? Hath he not sped? Hath he not divided his gifts? Hath he not obtained his purchase? Hath he not prepared a place for me? Shall I ever be at home in the Body, and absent from the Lord? Make hast *O* thou whom my Soul loveth,

loveth, and come in Glory, as thou first camest in humility; and conform them to thy self in Glory, whom thou makest conformable to thy Sufferings and Humility. Keep up our *Faith*, our *Hope*, and our *Love*; by the Exercise of *them* let us have our Conversation with thee in Heaven; and daily vouchsafe us some beams of thy directing, consolatory *light*, in this our darkness; and be not as a Stranger to thy scattered Flock, thy disconsolate Spouse, in this distant state, this desolate Wilderness. O shew thy self more clearly to us; testify to our Souls that thou art our *Head* and *Saviour*; that we abide in thee by the Spirit which *thou* hast given us, abiding and overcoming in us, and as thy Agent preparing us for eternal Life. Let not our darkness, nor thy *strangeness*, feed our odious *unbelief*; nor my corrupt habits choak or smother my new resolutions and sweet meditations. These weak wavering thoughts, these faint desires, these sickly affections in my Soul will not live a night, unless my gracious God interpose his power, preserve and cherish them. O seeing thou hast given me to bestow some small pains on my heart, and to conceive some good hopes, let them not be dashed in pieces in so short a moment: spread the wings of

thy Mercy over me, and maintain that, which not I, but *thy Spirit* hath wrought in me; let me find all, when I awake, let me be still with thee, O blessed Trinity, to whom be ascribed Kingdom, Power, and Glory, now and for ever. Amen.

*The Communion Morning Dress.*

**A**H, where am I? What do I? all the Children of the Bride-Chamber are up and ready, and I slumbring in my Bed! Tell me, ye fairest, what made you *up* so early, and *dressed* so soon? Alas, *our Lord* was up before us all; he called us up by break of day, and wondred we were not trimming our Lamps; nor decking our selves, knowing with whom we were to meet, to Feast to day. Our beloved spake, and said unto us, *Rise up my Love, my fair ones and come away.* This is the day which the Lord hath made, we will rejoyce and be glad in it. How should we welcome it with sufficient joy and thankfulness, for the approach of so great a blessing, that brings our Saviour so near unto us?

'Tis too too late; I will arise and get me ready; but where are my *Cloths*? O how poor, how empty, how naked am I? O for a heart full of holy breathings and desires!

desires! Oh for the Graces of Knowledge, Faith, Repentance and Humility, Love, and Thankfulness, and sincere Resolutions of new Obedience; to adorn me with! I am never drest till they be on. - Oh where are they? I saw them but just when I went to Bed; What was I then so long about, but affecting my Soul with the Love of God in Jesus Christ unto it and decking it with the Graces of the holy Spirit?

Ah this vain World, this envious Devil, this evil, deceitful Heart, hath got, or hid them from me, that now I am as far to seek as ever. O whither shall I go, what shall I do to find them? Behold the Bridegroom cometh and I am not ready? I cannot, dare not go to day. Now will my Lord be angry when he comes in, to see his guests; he looking over them will say, *where is such a one?* was he not bidden? I am sure I invited him. If I go *undrest*, he will ask how came I in, not having on a *Wedding-Garment*? to either I shall be speechless. Ah foolish, careless heart! to let *Earthly* entangle thy *Heavenly thoughts*; thou knowest not now how to unloose them which heed and care might have prevented: my horrible negligence and guiltiness makes me tremble to go, yet not dare to keep away; for where should my polluted Soul be waft,

but in that Fountain set open for sin and uncleanness.

Oh thou that wilt in no wise cast off him that cometh unto thee; disintangle my thoughts from all things below; over-look my manifold weaknesses and imperfections in my preparation; if I knew nothing by my self, yet were I not thereby justified; I have no Righteousness of my own, and if I had, I would not mention it before thee; though I were *Righteous*, and had the greatest fitness and perfection a creature is capable of, yet would I not answer thee; I would not plead, but supplicate; not stand upon my *Right*, but petition thy *Favour*; not expect thy *Justice*, but crave thy *Pity*; *I would make supplication to my Judge.* The *Righteousness of man* is not pleadable before a *Righteous God*: if thou shouldst be extream to mark what is done amiss, by the best men, in the best actions, O Lord, who could stand? We are all as an unclean thing, and all our Righteousness is as filthy Rags; my person is loathsome and abominable; my preparation and *best performances* carry in them matter of my own death and indictment, except thou (oh) cover them with the Robe of Christs Righteousness, and sprinkle them with his blood, they can find no acceptance with thee.

And

And Oh! thou who for our sakes took'st upon thee our passions and sensibilities, our weaknesses and sufferings; so art become a merciful High Priest, and pitiful to our infirmities, receive a wearied Sinner, an over-burthened Conscience, an afflicted, polluted Soul into thy care, custody, and cure. The humility and sorrow, love and purity of any Creature, is not sufficient to make me worthy to be fed with thy Body, nourisht with thy Blood, united to thee, to dwell and be one with thee; but what I cannot be of my self let me be made of thee, who of God art made unto us, Wisdom, Righteousness, Sanctification and Redemption. Oh, weigh thine own, not my merit; that I may offer up an Odour of a sweet smell, a Sacrifice acceptable, well pleasing unto thee by Christ Jesus; the life of them that believe, and the Resurrection of the dead. From him I hope for victory against my sins, strength in duty against my weaknesses, succour in my life against temptation, in my death against despair, after death against damnation. I presume upon thy help, not because I *have deserved it*, for I have been an unprofitable servant, but because *thou hast redeemed me*, for thy Blood cannot be unprofitable. Help me, if not for my misery which I have deser-

ved, yet for thy mercies which thou hast promised; for thy goodness is more ready to forgive, than thy power to punish; and thy blood cries louder for Pardon, than my sins for Punishment. Thou hast not yet forgiven so much as thou hast promised, nor promised more than thou hast purchased. Hath thy *Blood* satisfied for more sins than I can commit, and shall it not satisfy for those I have forsaken and do detest? Hast thou purchased Mercy for more than repent, and wilt thou not shew it on those to whom thou hast given Repentance? Hast thou been so long calling, that thou shouldst at last reject me? so long promising Salvation, that thou shouldst at last deny me? I am *thy Debtor* for thy *purchase*, but thou art *mine* for the *Promise*. I could not oblige thee by my desert, but thou hast obliged thy self by thy Word. I plead not the *merit* of my *Obedience*, but the *mercy* of the *Covenant*, which thy *Love* and *Mercy* moved thee to make, and thy *Truth* tyes thee to perform: *Free grace* made thee a *promiser*, and thy *promise* hath made thee a *Debtor*. Thou art not more *free* in making *promises*, than faithful in making *them* good: a God that keepeth Covenant to a thousand Generations.

And



And O that I could now lay  
 aside my *Body* with my *Business*! *The Soul*  
 put off this outward man for a *Fixed.*  
 more naked, inward, spiritual  
 sight, that my mind might be rendred more  
 sensible of him; fit to receive a deeper  
 impression from his Hand, that nothing but  
 him might enter in. Away, be gone, ye wan-  
 dring, worldly, vain thoughts, for I am go-  
 ing to my God: stir not up, nor disturb  
 the beloved of my Soul; come not near,  
 to displease him, or to call me away from  
 entertaining and enjoying of him: yea  
 (Lord) bid them be gone, and not dare to  
 appear before thee. It is the Voice of my  
*Beloved*, I hear him inviting me to his Ta-  
 ble; I see him coming to entertain me; let  
 all flesh therefore be silent, and not be so  
 bold as to whisper in his presence.

Welcome holy thoughts and pure desires;  
 O happy time wherein I may imbrace my  
*Saviour*, and solace my self in the arms of  
 my dearest Love! Awake my Understan-  
 ding, Will, and Affections; Awake my  
 Glory, and my Heart; awake all ye Pow-  
 ers, Faculties, and Graces of my Soul, and  
 all that is within me be summoned in, stir-  
 red up, and wholly bent to attend his ser-  
 vice. My costliest Box of Ointment can-  
 not be bestowed better than on my Savi-  
 our;

our : my greatest care and caution, love and labour, than in his Service.

*An Heart inflamed with Love.* And how shall I put my heart into a flame of Love, a frame to meet him, better than by considering the wonders of his love, unto me? Oh how *free, unmerited, disinterested!* preventing not only our desires, but our *knowledge*, surpassing our *wishes*, as well as our *deserts*.

*He loved us first.* Had we deplored our Apostacy, returned before invited, made the first overtures of Reconciliation with him; this had carried something of inducement for procuring his love: But that *he* who had *received* the injury, should address himself to him that *did it*; that the *offended party* should pray and beseech the offender to be reconciled? that he whose *right* was to punish, should *first offer* terms of grace and pardon to them that had done him all the *wrong*, and make Compensation of it to himself! *Herein is Love*, not that we loved him, but that he loved us *first*, even before we had a being; so little could we deserve it, that our felicity in his decrees, preceded our existence in the World. His *goodness* is so intirely its own principle, and motive, that even our *Creation* (since which alone we could pretend to merit it)

is

is the effect of it, as well as our *Redemption*. When no eye pitied, no person interceded, no hand could relieve, he visited and redeemed *us*, unable to add to, or diminish his Essential Happiness. If thou sinnest, what dost thou unto him? If thou be righteous, what givest thou him? our best services are dues, not tributes; not to advantage him, but to discharge our selves; as acknowledgments we have all from him. He doth us *good*, not because we are, but he is liberally *so*. The fire we kindle on Gods Altar, *warms* and *enlightens us*, but not *Heaven* at so distant a remove; nor is wanted in the Region of this *Sun*, which shines upon us Dunghils, not out of any invitation his Beams find there, but because 'tis his *Nature* to be freely, obligingly diffusive: nor is disturbed or loses *its light*, but we by turning away our Eyes, or sending up the black and noysom Vapors of our Lusts. I cannot but stand amaz'd at the low stoop of thy Sacred Majesty! Thou took'st not on thee the *nature* of *Angels*, but the *seed* of *Abraham*: they are bound in chains of darkness whilst thou art drawing us with cords of Love: Thou sparest not them, and sparedst not thy Son for us. What admiration and astonishment can answer thy boundless Condescension? that thou (who hadst

mar-

married infinitely below thy self, if with the most spotless, ancientest, honourablest house of thy Creatures,) shouldst take polluted dust and ashes into thy bosom! yea, thou passest by all others as nettles and thorns, while thy Church is in thine eye as the Rose of *Sharon*; and the Lily of the Valleys.

*He loved us when Enemies*; not only when we were not at all, incapable of being a motive to his love, but when worthy of his detestation. To have spared *our lives* had been unexpected, undeserved mercy; who finds his enemy and slays him not? was ever eye enamoured on deformity? or love set upon filthiness and putrefaction? but behold! I running away from him, hating of him; he loving me, following of me, intreating my return; I undoing, he pitying my Soul; I finding his arms open to embrace me, against whom I was lifting up my hand; for when we were without strength, Christ died for the ungodly; and as foul, as ugly, as loathsome, as forlorn, as sin could make me, espoused me to himself; opened his *Heart* to lodge in it his *professed Enemy*, that trod him under foot: his *Bowels* yearned toward those, who raked into them with their bloody hands; his heart burnt with affection to those that  
cruelly

cruelly pierced it ; when we were fighting, in Rebellion, he was dying ; when we had the weapons in our hand, he had the Spear in his side. Herein *God* commended his love to us, in that while we were sinners *Christ* died for us ; shewed as great love and kindness, to the *greatest Enemy*, as could be shewn to the *dearest Friend* ; and received me not to mercy only, but to the *endearment* of a Son. That the *General* should dy for the *Souldier*, the *Physician* for the *Patient*, the *Workman* for the *Work*, the *Pastor* for the *Flock*, the *Master* for the *Servant*, the *Just* for the *Unjust* ; the *Innocent* for the *Guilty*, the *Shepherd* for the *Sheep*, the *Prince* for the *Rebel*, the *Lord of Glory* for the *Children of Disobedience* ; he that was *without all sin*, for him that was *without all Righteousness*, *God* for *Man* ; to wound a *Darling* to stanch the blood of a *Traitor* ; for the *Judge* to pardon, and put himself into the *Malefactors* Cloths and stead, and suffer for him, to dy for those that killed him ; and bleed to wash his own blood from their hands that spilt it ; with the kind *Balsam-Tree*, whose healing wounds weep soveraign Balsam to cure those that made *them* : that he should interpose his own Breast to receive in those Arrows of Vengeance aimed at us ; and that while  
professing

professing our selves his Enemies, and proclaiming War against him; to spare our lives, lose his own; that he should so love us, as to give himself for us, is such a *so loving us*, as makes the highest *Hyperbole* dwindle into a *Meiosis*.

*He loved us unto Death.* No sooner born than *Persecuted*; nor *circumcised* than *design'd* for the *slaughter*. Behold the God of Heaven flying in a Womans arms from the rage of a mortal man: The God of *Israel* driven to be nursed out of the bosom of his Church. He that made the Heaven of Heavens, subject to, if not busily working in the homely Trade of a poor Foster-father. The owner of all, possessing nothing, but the punishment due unto our sins. He that commands the Devils to their Chains, transported, and tempted by that presumptuous *Spirit*. God all-sufficient, exposed to hunger and thirst, weariness and danger, grief and contempt, reproaches, affronts, and calumnies; blasphemed of those whose God he had always been in a peculiar manner; streightned in the womb, vexed in the World, abased from the Cratch to the Cross, rejected by Churles, persecuted by Wretches, tempted by Reprobates; and yet the Son of man must suffer many things, be sold and caught, bound and drag-

dragged, arraigned and condemned, stript and scourged, reviled and besmeared, pierced and gored, and then *it is finished*. Thou seemest now (O blessed Redeemer) to have *finished* in thy *Passion*, what thou hadst continually suffered in the whole course of thy *Life*. How many *slaves* under the vassallage of an *enemy*, fare better than thou, from ungrateful *Man* whom thou camest to *save*? Thy whole life was but a continual *Passion*, thy Birth and Death but one protracted *Act*; *Christmas-day*, and *Good-Friday* but the Evening and Morning of thy *Passion*; thou found'st a *Golgotha* even in *Bethlehem*; others die *Martyrs*, but thou *born one* among *Beasts*, and lived among worse, as well as died among *Thieves*. Blessedness is made not Earth only but woe, to bring Earth from woe to Blessedness.

Behold him now (O my Soul) hanging upon the Cross (and thy Sins putting him into that gore) saying, *weep not for me* that endures it, *but weep for your selves* that cause it: read in me the cruelty of your sins; see how barbarously they have used me, how miserably I am torn and wounded by you: how many thorns in this Crown of thorns are your sins? how my blood, with my warmest love runs out to fetch you home to God. O my Head, my Side, my Hands  
and



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and

and my Feet! Look through these gaping wounds, into my *heart*, pierced first by Love, and then by a Spear for you. Was ever any Sorrow, or Love like unto mine? Can I do more than dy for you? will you not be perswaded what an evil and bitter thing *sin* is unto me? Do you not see how it rakes into my Side, and tears my very Heart? how greedily it sucks my Blood; Behold the pits it diggeth, the very print of its Nails, see the very place where it hath thrust its Spear. Canst thou hug and embrace bloody *Paricides*? shew any kindness to so deadly an *enemy*? harbour *them* that have used me thus? You say you are my Friends; will you not take my part against *them*? have not all these wounds mouths enough to perswade you to fall out with *sin*? Would you have me used thus again? Could you find in your heart to see me once more upon a Gibbet? Will you tear open my wound (Crucify me) afresh? Else why cannot you be prevailed with by this sight? why do you not spit in the Face of your *sins*? do all the despite you can unto, revenge me perfectly upon *them*? nail *them* unto my Cross, if you would have me embrace you?

Oh! I sigh unto thee for want of Grief for thy grievous sufferings: O that I could  
turn

turn my self into tears , that I might wash the wounds that I have made ! seeing thou diedst for my sins, how ought I to despise my self, who have so cruelly offended and tormented thee ? who am the *very party* whose offences have brought those miserable torments and death upon thee ? Oh how must this needs irreconcile, and ingage me to pursue *them* to death , that in the eye of all the World brought so great shame, and pain , and amazement on the Lord of Life and Glory ? Oh , that all my sinful passions, my corrupt affections and inclinations, may now receive their mortal wound, never to live again ! Oh, that the thoughts of my dying Redeemer, the sight of yonder blood , the seeing but the Image of his Death may fill me with courage and Resolution, actually to mortify every Lust , as before they were virtually Crucified upon his Cross , by the meritoriouness of his death ! Oh, that I may never suffer them to live more, when I consider, that, because of them Christ died ! Oh, that I may be prick'd and wounded at the heart, when in that mirror I look upon him whom I have pierced to the shedding of his hearts blood ! Oh, that I may offer up unto him the Sacrifice of a broken and a contrite heart, for those Sins he made his Soul an Offering for !  
that

that Sin may not reign in my mortal Body, that I may not obey it in the Lusts thereof.

And now what remains, but  
*Ends in* that I renew a quick and lively  
*going.* sense of the *Ends* of this *Right*, and  
 of *mine* in going, and what lies hid  
 under the Ceremony? Oh my Soul! whither  
 art thou going? what is that *Table* which I  
 see yonder spread for us; and what is thy  
 chief design in going to it? what means that  
 broken bread that is provided? for what end  
 was that Body Crucified? do men use to  
 drink a Cup of Blood? Oh, let me know the  
 bottom of this Mystery; let me enter into  
 this *secret*, and my own heart's!

Renouncing my *own Righteousness* and *Preparation*; in thy name, merits, mediation, strength and Righteousness; in obedience to thy command and thy Followers Practice; to renew my Covenant with thee; to commemorate and be affected with thy death; to own and encrease my Spiritual Union and Communion with thee, and thy Members; to further my joy in the Holy Ghost, peace of Conscience, and hopes of Eternal Life; for the nourishment of my Soul; to get power against my sins; to act, excite, and strengthen my graces; to make fresh applications of thy blood; to have the Covenant of Grace, with  
 all

all its Blessings sealed unto me, *I go unto thy Table.* O stir up in me thirsting desires after, and strong Expectations to receive these blessed *ends* and *benefits*; and do thou make them good unto me.

Oh how weak, how imperfect are my graces! here I see and know but in part, and therefore I love and obey, but in part. Oh

*To strengthen the inner man.*

how many temptations, adversaries, difficulties assault me! How seldom have I a Will to do good? and when I would do good evil is present with me. All I am, or have, or can do, is from thee, so due unto thee, but all still unworthy of thee; yet how heartless and contracted is that *little* all of service I do thee? I pray as if afraid to be heard, *hear*, as if unwilling to be saved, *communicate* as if loth to receive thee, *serve thee*, as if I would not please thee. And therefore I go *to thy Table*, where is set forth provision suitable and sufficient to nourish my inner man; where are rendred most familiarly and effectually his *Flesh* and *Blood*, meat and drink indeed. Oh! that I may have such expectations of Spiritual Life from *him*, as I have of Temporal Life from my *food*! and so *eat* his *Body* and *drink* his *Blood*, receive, digest, and improve, feed upon, and Spiritually apply *Christ* as *incarnate*, and in his *sufferings*,  
that

that I may find and receive refreshment and sweetness, quickning strength, and life from him, and may live by him, and in him, and he in me. Oh, that by the power of thy Spirit accompanying the Ordinance, I may partake yet more and more of a new, a divine Nature: that I may find strength and vigour diffused through my whole man; and receive some Communications of that Light, and Life which Christ came into the World that his People might have, and that they might have it more abundantly. Oh, that his *Death* and *Resurrection* may have their power and efficacy upon me, Crucifying my Lusts and Passions, and raising me up to all the acts of the Spiritual Life. Oh, that something may be done *this day* against my Pride and Passion, Worldliness and Carnality, Hypocrisy and Uncharitableness, Doubtings and Unbelief, distrustful Fears and Discontents, Backwardness and Indisposition to, Listlessness, Dulness, and distraction *in Duty*. Oh, that I may find my Heart thereby drawn nearer to, and carried out with more unweariedness and chearfulness in thy Service. Let me come from thence with my *Pardon* Sealed, my *Corruptions* subdued, my *Graces* quickned, strengthened, and confirmed; my *Heart* enlarged, my *Soul* refreshed and encouraged to run the ways



ways of thy Commandments, and so inseparably united to thee, that no Temptation may be able to dissolve the *Union*; but that being begun here in Grace, it may be perfect in Glory.

How painful and intolerable is the obscuring and interrupting of our *Union and Communion with Christ*

*To maintain Union and Communion with Christ and him Crucified.*

(our Heaven upon Earth?) *Therein* we enjoy his *Person* and all comfortable relations to it: his death, and all the saving fruits, privileges, and influences of it. To maintain and increase, evidence and enjoy it, I receive the Cup of Blessing which we bless, the Communion of the Blood of Christ; and the Bread which we break, the Communion of the Body of Christ; to my Soul, my Faith, yea even to my outward Senses, signifies, seals, and instrumentally exhibits my Spiritual Communion with Christ in and through his Death. *Thereby* I partake of, and am nourished by that Bread and Cup. Oh, that he being united to me in these holy Mysteries, may comfort, rule, and direct me in all my ways; and his Spirit turn me into his Image, and likeness! Oh, that I may there find him whom my Soul loveth! There are the *signs*, but where are the *body and blood* of my Saviour,

Saviour, the *Lamb* for a Sacrifice? I go not for the *Bread* and *Wine*, but to see *Jesus*. What are the *Elements* without thy presence? O what wilt thou give me, if I go from thy Table *Christless*? Let him kiss me with the kisses of his Mouth, (afford Expressions of his tender affection and reconciliation to my Soul) for thy love is better than wine.

To maintain & increase Spiritual Union and Communion with Christ's Members.

If we forsake *Communion* with our fellow *Members*, how can we maintain it with our *Head*? What need then have I (especially now, when so many divisions, and disagreements) of, and to that end I go to this Ordinance, which tends so much to unite and knit together the disjointed Members of Christ; for we being many are one Bread and one Body, for we are all partakers of that one Bread; and hereby profess to be one, and to walk as fellow-members in Christ with all Christian love and tenderness towards one another. Oh let my heart be enlarged towards them, my delight in them, (for their relation to thee and thy Image upon them) let me sympathize with, have a fellow-feeling of, interest my self in their several states and conditions; rejoicing with those that rejoice, and weeping with those

those that weep. Seeing thou hast so loved us, let me be perfectly reconciled to every man; let every spark of anger, envy, and malice be utterly extinguished; *remembering*, he that comes in hatred to thy Table, is a *Judas to Christ*, and a *Cain to his Brother*.

*Through the Death of Christ*  
 my Sins are pardoned, my  
 reconciliation with God ob-  
 tained, his Curse removed,  
 the enemies of my Salvation subdued, my E-  
 ternal Salvation and Inheritance obtained, my  
 deliverance from worse than *Egyptian* Bon-  
 dage procured, the new Covenant establish-  
 ed, all my mercies purchased, conveyed, and  
 Sanctified: yet how unthankful for, how in-  
 sensible, forgetful of it am I? so greatly un-  
 grateful, as to bury in oblivion the great-  
 est expression of his infinite love *in honour of*  
*him*, to make a solemn rehearsal of his famous  
 Acts, to speak of the glorious honour of his  
 Majesty, and to talk of his power: I go unto  
 that lasting Monument and Memorial, to  
*shew forth his Death till he come*. Oh let me  
*Celebrate* it with an affectionate, fiducial,  
 thankful, and obediential Remembrance; with  
 a ravish'd Heart fill'd with a gracious com-  
 position of joy, and sorrow, love, and admi-  
 ration; with such Resentments as besit so  
 strange an object, that I may desire, and re-  
 E joice

joice, mourn, and tremble, be in such a mixture of Passions as may even intimate the confusion that was in the World at his sufferings, make such deep and lasting Impressions thereof on my Soul, as if this were the very day he suffered. Let me not conclude I have *received Christ*, till I have *remembered* him, so as to affect my heart with *love* to him, *desire* after him, *faith* and *joy* in him, and sorrow for my sins, the *cause* of his *suffering*. Let me think of it as an *History* to improve my knowledge, as a *Gospel* to beget my Faith, as an *Example* to provoke my patience, as a *benefit* to procure my happiness. Oh that I may so remember him at his Table, on his Cross that he may not forget me on his Throne, in his Kingdom. Lift up my mind from the contemplation of him as he hung upon the Tree, to him as he sits now in Glory at thy right Hand, making intercession for me, presenting to thee the invaluable merits of his Death, to appease thee for the sins I commit daily against thee.

*To have my personal claim and title to the new Covenant cleared.*

By reason of my infirmities, my carelessness, my sins, how apt am I to doubt the pardon of them, and my interest in thy love? The streams of Corruption rising up in me, interrupt the light, and lustre and evidence of my future posses-

possession, and suggest matter of diffidence and anxiety; that my hopes hitherto have been ungrounded, my Faith Presumption, my claim to, and propriety in Christ uncertain, if not quite desperate. But he hath shed his blood meritoriously to procure it; and I go to the Ordinance as thou hast appointed it, to have my pardon, and interest in his blood sealed and assured unto me; and to renew my Engagements and Resolutions, that I may be tyed faster to thee with new Cords of thy love; and that it may be more impossible for me to unloose my self from thy service. O make the *Ordinance* effectual to all those blessed ends and purposes for which thou hast appointed it! Let it be not only a *sign* to represent, but an Instrument to convey Christ with the power and virtue of his Death unto me; and a *seal* to assure me of my interest in the *Covenant*; that in those holy Mysteries I may not only *commemorate* but effectually *receive* my blessed Saviour, (thou may'st communicate to me thy self) and all the Benefits of his Passion; and have not only a *Representation*, but a *Participation* of him in the *Sacrament*: to the outward Administration of it, join the inward Seal of thy Spirit.

Thou knowest all my corruptions, and temptations, wants, weaknesses, and im-

perfections, poverty and nakedness, troubles and dangers; how often I am tempted and defiled, grieved and indisposed; what strong corruptions to be subdued and mortified, languishing graces to be quickened and strengthened, faint purposes and resolutions to be enlarged and confirmed. In confidence of thy great goodness, faithfulness, and mercy, I *thy Creature*, come unto thee *my Creator*; *thy Son*, unto thee *my Father*; *thy Servant*, unto thee *my Lord*; in danger, unto thee *my Saviour*; *needy*, unto thee the *Possessor* of Heaven and Earth; *diseased*, unto thee the only *Physician*; *unclean*, unto thee the *Fountain* of Grace and Mercy; *desolate*, unto the God of all *Consolation*; *guilty, blind, lifeless*, unto thee the *Author*, the *Father* of pardon, *Light*, *Life*, and *Salvation*. Oh heal me of the guilt of my *sins* by the merit of thy Blood, of the power and corruption of my sins by the efficacy of thy *Spirit*. Inflame my coldness with the fire of thy Love; soften my hardness with the dew of thy grace; enlighten my Blindness with a beam of Light from Heaven; anoint the Eye of my Soul with Eye-salve that I may see; clear up spiritual things to my apprehension; heal all the distempers, ease all the pains, supply all the necessities of my Soul. Make me more hum-

humble, holy, heavenly, confident, and believing: fill thy House with thy own Glory. Stand not at a distance behind the Wall, shew thy self through the Lattice of thy Ordinance: let me see the outgoings of my God, and my King in his Sanctuary. Let me not come unto thee, nor go from thee without thee. Oh take this season of coming in upon my Soul; bestow more of thy self upon me; change me into thy likeness, lift up my heart unto thee in Heaven, turn all earthly things unto me to bitterness, contempt, and oblivion. Be thou my meat and drink, my hope and strength, my shield and portion, my honour and glory, my love and joy, my delight and solace, only sweet unto my taste, from henceforth and for ever.

*These* are the *mercies* thou hast promised to thy people, hast *bidden* them to *ask*, art *wont* to *convey* by thy Ordinance. These are the *Legacies* left me by my Saviours *Will*, whereof thou art *Executor*: his prayer, and promise, his blessing, and Institution, are ingaged to procure them for all believing Receivers: for these things therefore which thou then grantedst him, do I come unto, and wait upon thee this day; with no lower aims go I to thy Table: with *such* precious things is our Lord wont to feast his Guests; and of his infi-



nite fulness it is, that I hope to participate; through him to be strengthened with might in the inner man, even to be made strong by the grace that is in Christ Jesus. Thou hast provided for my Soul as well as Body; shall there be Bread enough in my Fathers House, and I here perish for hunger? Pertains it not to thee to keep in repair *that habitation* thou hast made for thyself? Will it tend to thy honour who hast begun to build, to leave the workmanship of thine own hands, as if not able to finish? must not the food and author of our *Spiritual Life*, nourish, and cherish, redress the decays, uphold the frame of it in us? Oh! will the head let a Member perish? shall a *branch* wither for want of juice? he is the true *vine*, we the *branches*, thou art the *Husbandman*, hast ordained *him* to be the root, fountain, and support of all Spiritual furniture, grace and fruitfulness to those implanted in him: Oh of his fulness of Grace communicate to me, for without him I can do nothing acceptable to thee! Art not thou as willing to bestow the fruit of thy blood upon us, as to shed it for us? Hast not *thou*, who once so readily healed diseases, cured all that came unto thee, as much compassion to Soul as Body? Art thou not as merciful, as tender,

as

as able, as willing to help as ever? If ( as I hope ) *thou wilt*, thou canst make me clean, and supply my wants ; outward means without thee cannot , yet *here* thou hast bid, I attend waiting for the descent of thy holy Spirit : Oh say unto me be it unto thee even as thou wilt ? yea, even as thou wilt ( gracious Lord ) who art ever readily, and strongly inclined to do thy people good. Oh let me be so refresh'd and strengthened with that Spiritual Banquet, that I may cheerfully walk on my way to Glory, through *him* who is both Sacrifice and Priest, the Feast and Master of it, invites us to, and feeds us by himself, to whom with thy Blessed Majesty, and Holy Spirit be ascribed all Honour, Glory and Praise, now and for ever. Amen.

*Going to Church.*

Come away my Soul ! let us go : ( oh that I may ! ) *See how he loved us, how dear we are unto him, how nearly related he is unto us.* Let us go die with, and for him ; disclaim whatsoever is against him, renew our *Covenant* with him, consecrate our selves wholly to him, that we will never leave nor forsake him. *We were unworthy he should speak to us, or look upon us ;*

he comes unto us, dwells with us in our nature: unworthy of the crumbs that fall from the Table he hath spread for all Creatures: and behold he calls us to one furnished with the richest of his Blessings. Oh that I may find him whom my Soul loveth! oh that he would speak comfortably, savingly, effectually, sensibly, unto me! that my heart may burn within me while he talketh with me, and openeth unto me his love and affection, those holy mysteries, and my understanding. His *sweat and blood* (oh my Soul) *drowned* not his *affections* to us; his *Compassion* brake through his *Passion*, *in the same night*, (which was so full of anguish and dolour to his Soul) *wherein he was betrayed*; when death was in sight, and all those unspeakable fears and sorrows, terrors and sufferings were ready to invade him; when his Disciples were ready to betray, forsake, or deny him; *injuries* from *men*, ready to load him; and the *Justice of God* upon sin to be demonstrated on him; he then even forgot his own miseries, to remember and dispense his mercies to us; and to provide this Banquet for us; continually to present himself to us, lest after he had endured so much for us, we should forget or distrust his love unto us. Oh how was he burned between two fires, the fire of

of his *Affections* to us, and that of his *Afflictions* for us ! At *that time* wherein men were designing the greatest cruelty against him, was he bestowing the greatest courtesy and gift on us ; himself leaving us a legacy, a pledge at parting of his dearest love, *stronger than Death*, that held him on the Cross to finish our Salvation, when *Death* could not hold him in the grave. Before he gave himself to be crucified for us, he provides an ordinance the means of his communicating himself to us : he gives us in the *Sacrament*, what he did and gave, prepared and purchased for us on the Cross.

Oh the infinite love of God, that he would give his own Son ; and of Christ that he would so graciously come and save us, and leave us those remembrances and tokens of his love ! that he should die for us when he was on Earth, be so mindful of, and nourish us with himself now he is in Heaven ! O wonderful mystery, that the Body of Christ now reigning in Heaven, should be laid upon the Table ; that the *Author of Life* should become the *Bread of Life* ; that under the broken forms of *Bread and Wine* whole Christ should be conveyed to every Believer ! His Personal Union is with the single nature, but his mystical, with every Believer. This Sacrament is the representative

of the Substance, the *sign* of a Covenant, the *seal* of a Purchase, the *figure* of a Body, the *Witness* of our Faith, the *earnest* of our Hope, the *presence* of things distant, the *sight* of things absent, the *taste* of things unconceivable, the *knowledge* of things that are past *knowledge*: a *seal* of our Saviour's engraving, whose *superscription* is *Christ's* loving us, whose *Image* is *Christ* dying for us, whose *deed* is *Christ's* New Testament confirmed to us. In the *sign* we have the *Image*, in the *seal* the *benefit* of *Christ's* Body; in the *sign* we see, in the *seal* we by Faith receive him. The *Bread* and *Wine* are but the *dishes* in which this *Feast* (not of the belly but mind) is served up; not the *Feast* it self. Faith *eats* not the *Bread*, but the breaking of it; *drinks* not the *Wine*, but the pouring of it forth, the *mysteries* thereby represented. The *eating* of *Christ's* flesh, and *drinking* his blood, is nothing else but an *act* of Faith terminated upon him as our *Mediator* and *Redeemer*. The *participation* of his Body and Blood for strength and refreshment, (sweet to Faith as meat and drink is to hunger) could not be better shadowed forth than by Bread and Wine, comprising all sorts of Spiritual Provision for our inner man: and Faith is to the Soul what natural heat is to the Body, by virtue of which the

the Nutritive Faculty turns the Food into nourishment. They present and confirm *Christ* to us as the most needful, beneficial, and perfect nourishment of the New man, as Bread and Wine are such unto the Body, *i.e.* that *Christ Crucified* preserves us from eternal death, and is unto us the Fountain of Spiritual and Eternal Life. *Believe and thou hast eaten*: *Christ* is present with, but not in the *Bread and Wine*, but to the faithful Receiver; not in the *Elements*, but to the worthy *Communicants*; not water but washing with it is *Baptism*; not Bread and Wine on the Table are a *Sacrament*, but eating and drinking them; which, if they be acts of Faith (the hand and mouth of the Soul) the *Bread and Wine* as really convey and unite whole *Christ* with the vital influences that proceed from him to the Soul, as the hand doth them to the mouth, or the mouth to the stomach. Whatsoever we may expect of bodily strength or Reparation from Bread and Wine; we may expect from *Christ* for our Soul; life maintained, grace quickned, deadness enlivened, resolutions enabled, hope erected, faith strengthened, lusts subdued, all which are consequent upon our union with *Christ* and interest in the *Covenant*, renewed and ratified to his People by *Christ's Death*, and sealed

to them in the Sacrament. In the *Word* we have a *promise*, here a *pawn* or *pledge* of him.

Lift up your head therefore, O ye gates of my Soul, and be yee lifted up ye everlasting doors, and the King of Glory shall come in. And be assured such additions of grace as thou art fitted for, and infinite wisdom sees meet to deal out, shall be conferred upon thee.

Fear not, I charge thee do not faint; let not thy weakness, thy poverty, thy inability discourage thee; all have not Talents alike; a Soul richly adorned with love and ravishing delights is not given to all, and expected only from those to whom it is given. Be thy attire whole, sincere, clean, and white, free from spots of the Flesh and Spirit, though not so inflamed with Heaven as thy Brethren's; thou wilt be welcome. Thy God and Saviour will not ask, *How camest thou in hither, not having on a Wedding Garment*: He knows thy heart, and sees thou hast it. He will not break the bruised Reed, nor quench the smoking Flax, till he send forth judgment unto victory. Wilt thou (my Soul) dishonour that *price* by thy doubts and fears, which God hath made sufficient for all the World? Cannot *that Sacrifice* which appeased the Divine Wrath, satisfy thee? What manner of *Guests* were those



those he commanded to be brought in to the *Wedding Supper* ? but such as were found in the *Streets* and *Lanes*, the *Hedges* and *Highways* ; the *Poor* and the *Maimed*, the *Lame*, the *Halt*, and the *Blind* ; Hunger-starved, forlorn, undone lost Wretches.

O blessed is the Man whom thou chusest, and causest to approach unto thee, that they may dwell in thy Courts ! We shall be satisfied with the goodness of thy House, even of thy Holy Temple.

*At the Lord's Table.*

**W**HAT shall I render unto the Lord for all his Benefits ? I will take the Cup of Salvation, and call upon the Name of the Lord. I will pay my vows unto him now in the presence of all his People.

Come forth, Oh my graces ! stir up your selves, be ye lively and active before the Lord. Awake my *Faith*, and see the Atonement of my sins in the broken body of my Saviour, the price paying, the ransom laid down, the thing in doing. Awake *Repentance*, and hear the strong cries, and see the doleful Agonies of him that bore our *Chastisements*. Awake my *Memory*, and call to mind that *Egypt* wherein I was, and the  
blood

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blood

*blood* of the *Passover*, which removed the destroying Angel from my Soul. Now let the Altar smoke with the Sacrifice of a loving heart, inflamed with the holy fire of God's love to me. Flame, O *Love*; come ye warm *Desires*, and break with longing. Let *Fear* with all veneration do its obeisance. Come up, ye Daughters of Musick, and all that is within me, bless his holy Name. Now the wax is warm, Oh let the Seal be stamped fair, that I may see the Impression ever after. Now that God shews forth to me *the death of his Son for me*, let me shew it forth to God again by a thankful believing, receiving, as that which I stick unto, and abide by for my Righteousness and Peace with him.

Having liberty, and access with boldness unto the Throne of Grace by the Blood of *Jesus*, the High Priest of our Profession, let us draw near with a true heart, in full assurance of *Faith*, having our hearts sprinkled from an evil conscience and our bodies washed with pure water.

O thou that providest food for all *Creatures*, and hast given them to be food for mans body, and for his Soul, not only thy *holy Word*, but the blessed *Body and Blood* of thy *Son*; cause all our hearts to burn with desires after thee, who art so full of love to us. Prepare every one by a full digestion  
of

of thy heavenly word, to receive likewise *this Divine Nourishment*. Make it (through the lively operation of thy holy Spirit) the bread of spiritual Life, and Wine of spiritual comfort to all our Souls. Cause us to long after, relish and savour the things of God. Let this be the constant language of our Souls, *Lord, evermore give us this bread*. Call in, compose, and spiritualize all our thoughts at this solemn ordinance. Pardon every one that prepareth his Heart to seek thee, though he be not cleansed according to the Purification of the Sanctuary. And, O thou that mad'st us *upright*, pity the *degeneracy* of mankind: despise not the price of thy Son's blood, let it not be as water spilt upon the ground; convert, direct, unite, provide for, take care of, support and comfort all of them: let us take a mutual charge of one another: make us all up more and more into the mystical body of thy Son, that we may keep the unity of the Spirit in the bond of Peace. Afford us thy Gospel in its power and purity, liberty and efficacy, so long as the Sun and Moon endureth. Let us never want Magistrates and Pastors after thy own heart, which shall protect, encourage thy people, and feed them with knowledge and understanding.

See

*On the Com-  
municants se-  
parated from  
the Congrega-  
tion.*

See (my Soul) thy Saviour,  
with what a handful of his  
Disciples that lay in common  
with the rest of the World,  
by nature Children of wrath,  
even as others, born in the  
same state of distance from him, and with  
the same principles of enmity against him.  
Oh! What is this that is come to pass?  
how is it that thou manifestest thy self to  
us, and not unto the World? What mo-  
ved thee to make a *difference*, where thou  
foundest *none*? Why were we not made a  
prey of divine revenge, and perished not in  
our enmity against thee? why wert thou  
not provoked by our obstinacy, malice, and  
unbelief, beyond the possibility of an  
Atonement? Why hast thou so long suffer-  
ed our injurious dis-respects, and unkind re-  
pulses of a merciful Saviour, and perswaded  
till thou overcame and made us yield? Why  
hast thou not cut off all our hopes of a blef-  
sed immortality, who have paid so great  
bounty with contempt, so many benefits  
with ingratitude, so inexpressible love with  
oblivion, neglect, and hatred? Oh what hast  
thou done? What hast thou not done and  
suffered for us? why wouldest thou buy sin-  
ful dust with thy own Blood? Redeem our  
shame, by the shameful death of Glory and  
Immortality

Immortality it self? put *thy self*, that got nothing by making the *World*, to more charge than all of it is worth, to redeem the worst part of it, *fallen man*? Who can conceive whither we had precipitated our selves, and to what thou hast exalted us? to be spectacles, even grateful to God, who were monsters of horror; laid in his bosom, who were in the Arms of the Devil; worthy his *imbracements*, who were unworthy of his eye; Crowned Kings of Heaven, who were slaves condemned to the prison of Hell. He not only pardons our sins, but relinquished his Throne; lost his life, to inthroned us in his Kingdom; bestows on us his greatest mercies, unworthy of the least; sets us down as Sons at his Table with his Children, who are unworthy as Dogs to creep under it: courts us to *obedience*, who might not only command us to it, but instantly punish our *disobedience*: promises a *reward* to *such*, who are so far from deserving it, that they are still provoking him; and *glory* to *such*, who are more apt to be ashamed of their *duties*, than *offences*.

Oh! how ought we to be transported with love and thankfulness, considering who hath chosen us, when, why, whom, from, and to what, how long, and how few his peculiar care of, and kindness unto us!

How



How should the remembrance of this dear love of our Lord make us burn with ardent affections towards one another! how shall we offend one of those for whom Christ died? or deny our selves to *them*, to whom he hath given himself? shall we hate, be envious, and uncharitable, where thou art so loving, so liberal? condemn, or despise the meanest, when thou distributest thy self to all? Oh, now we see thy *love to enemies*, let all *ours* find us *friends*! Let no Malice, Heart-burning, or Uncharitableness, enter in, or any more rancour my Soul. With all thy people let me interest my self, and own them in all their concerns, pity them in all their miseries, be ready to relieve them in all their wants, to comfort them in all their distresses, to counsel them in all their doubts, to delight in their Society, bear their infirmities, pardon all their miscarriages, study their welfare, do all the good I can to Soul and Body.

*The Minister  
at the Table.*

Now I see the Minister at the Table, to consecrate the Bread and Wine by Prayer and the words of Christs Institution: with Joy and Admiration think (my Soul) how Christ was ordained and accomplished for the Office of a Mediator, whom the Father sanctified and sent into the World; and for

for this cause he sanctified himself as Priest, Altar and Sacrifice for our Redemption, spiritual Nourishment, and eternal Salvation. The Eternal Wisdom of God incarnate to reveal and communicate his Will, his Love, his Spirit, his Glory to sinful, miserable Man. Oh the immensity of his mercy, and unutterable treasures of his Grace! which neither the provocations of our sins, nor the infinite exactness of his own Justice, could any way overcome or restrain, to despise the works of his own hand, or not to compassionate the wretchedness of his Creatures, though it cost the Humiliation and Debasement of the Son of God! Oh, how great, how amiable appears his love and goodness, in passing by so many offences, and requiring no satisfaction from us, for such insufferable wrongs, but transferring the punishment from us unto his own Son; whose love also was so great, that he would bear our iniquities that we might be saved! O how could he chuse a more obliging way of Redeeming us, that hath thus displayed the severest Justice, and highest Mercy; the greatest hatred of sin, greatest love to sinners; since by those unequalled and unvaluable sufferings to which he delivered up for us that Son, who is so near unto him, that

that he is one with him; at once manifesting both how much he hated sin, which he so heavily punished in the person he most loved; and how much he loved Sinners, by giving up what he so loved, for a ransom of those that were guilty of what he so hated? And O the miracle, the amazing prodigy of this Love! that Heaven should so condescend to Earth, and that Man should be so united to God! that God should dwell in Flesh, and that this Flesh should be our Food! That the Son of God should love us better than his Life, and be the meat of vile Worms, of Sinners, of Enemies! that he should make himself present to our Faith; and, as if he would do more than *die* for us, desire to live for ever in us, and to be united to us! was ever kindness like unto this? was ever such a furnace of love burning in any Breast? can any heart freeze over such a fire? Oh! who can abide the heat of this love? who can dwell in such flames, and not be consumed? who can abide in a great sense of this love, and abide in the Body? What instances can parallel? what words can be expressive? what apprehensions can commemorate? what raptures can be sufficient for the admiration of this so infinite love? Be thou swallowed up (O my Soul)

in

in this depth of Divine love, and hate to spend thy *thoughts* any more upon other things, that hast such a Saviour to take them up.

Oh, I shake, I tremble, I am altogether confounded at the approach of so great a *Guest!*

*The Minister coming towards him.*

Lord, I am not *worthy* that thou should'st come under my roof, or to eat the crumbs that fall from my own, much less *thy* Table. Oh, *who am I?* that I should dare with my (originally, actually) defiled hands, to receive those high, those holy Mysteries? that thou should'st desire to come unto me, be entertained by me! what findest thou in me, that can invite thee to me? thou art not ignorant of my most vile beginning and original; dust and ashes, polluted dust and ashes. Thou knowest my poverty, my need, my impurity. This poor place is a far unmeet habitation for thee. Whence is this to me, that my Maker, my Redeemer, should come unto me, thus favour, thus dignifie me? that thou should'st be so below thy self, as to look upon so low, so vain, so miserable a thing as Man, such a dead dog as I am? Why have I found grace in thy sight, that thou shoul'd'st take knowledge of me, seeing I am a Stranger? Lord what am I that thou should'st remember me

me, be mindful of me, visit me, cast thine eye, set thine heart upon me, come to marry thy self with me? whence comes it that thou, who art in Heaven amongst them that know so well how to love and serve thee, should'st condescend to me, who know little else but how to offend thee? Canst thou not be content to be without me? did thy meer love draw thee from Heaven for my sake, and give thy self for me, to redeem me from my sins; and dost thou still give thy self to me, to be the strength and health of my Soul? As if thou could'st never give thy self enough, or never be enough mine? Oh how am I astonished at this inconceivable love! O that I were able to comprehend it. O that I had a thousand hearts to correspond with it! Oh stay (my gracious Lord) for the full measure of my Love, 'till thou hast made me able to do nothing else but love thee! But since thou art pleased to come and offer thy self to me, my Soul thirsteth for thee; I humbly stretch out my hands unto thee; my longing, gasping desires, are after thee; I open my heart with all humble thankfulness to receive thee, never to be separated from thee; for ever to adhere unto thee. O enter in and stay with me; satisfie my Soul with thy self; say, *This day*  
*is*

*is Salvation come unto thy house.* O be not now offended at the loathsome sights in a Soul so sick and diseased, so full of filth, of rottenness and corruption, into which thou art entring. Do not disdain me for those many maladies, but come and cure me.

*The Bread.*

**S**EE (my Soul) thy *Saviour* in the *Minister*, and the *benefits* that come by him in the *Bread and Wine*; believing *those* with himself are given thee by *him*, as really as the Elements by his *Embassador*, saying, [*Take, eat, this is my Body which is broken for you:*] by Faith receive, apply, appropriate me unto thy self, Crucified for you. This Bread consecrated by me, is the Sacrament of my Body, offered as an expiatory Sacrifice for you. Hereby I impute my righteousness, impart my loving kindness, make over and give unto you my whole self (God and Man as Mediator) in my Blood and Merits, Graces and Spirit, Virtue and benefits, Obedience, Satisfaction, Expiation, Doings and Sufferings; in all *I have, am, or have purchased for you*, I make yours by gift, and you by Faith, as truly as this is put into your hand and mouth. Mine were the pains, the sufferings  
of

of Death, yours the benefit; mine the stripes, yours the balm; mine the thorns yours the Crown. These are the holes in my hands and side, the blood that issued from them, yours; the price mine, yours the purchase. See here in my wounds your safety; in my stripes your healing; in my anguish your peace; in my Cross your Triumph. I came out of my Fathers bosom that thou mightest lie in *Abraham's*: Own me for thy Lord, who have thus bought thee out of slavery; accept me for thy Redeemer, who hath paid so dearly for thee; follow me in the way I have shewn thee, that I may bring thee to him I have reconciled to thee [Do this in, and for a remembrance of me;] who, what, for whom, why, for what end, with what mind, I *suffered*; what I have done for you, and am unto you.

Dear Saviour, biddest thou me, *Remember thee*! How should I forget thee? how can I but *remember*, but *celebrate thee*? But Oh, that I could more affectionately, more constantly, more effectually, *remember thee*! with all the passionate Affections of a Heart full of love to, wholly in love with thee, with all zealous Desires to Glorify thee, with all fervent longings after thee, always to remember thee, never to forget thee!



thee ! O that the fire of Love would not kindle and burn in my Soul ! O that I had the Flames of a *Seraphim*, the Voice of an *Angel* to sing thy Praise ! O that I could go out of my self when I remember thee, and never think of thee without an Ecstasy ! forget and quit all the World to live on thee ! the Thoughts of what thou hast done are able to break an Heart of Marble with Love, to turn a Rock into a Fountain of Tears, to unloose the Tongue of the dumb, that they may found forth thy loving kindness.

Oh, after all his foregoing sufferings, seest thou him not ( my Soul ) fastned to the Cross, conflicting with his Fathers Wrath, groaning under the weight and burthen of our Sins ? Look how his whole Body is stretched and racked, his Hands and Feet bored through, his Side pierced, his precious Blood trickles down, and how miserably the Thorns pierce his Holy Head. See how his Looks are changed, his Cheeks pale, his Blood going, his Neck too weak to support his Head, which lies a dying on his bleeding Breast. Look how he shakes and stirs his dying Limbs, what gasps and sighs he fetches, as if his Soul was struggling to get out. Hear you not his dying Groans, the Taunts of the *Jews*,  
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yea,

yea, the Groans of the Earth under the weight of his Cross? See the Sun blushing under a veil of darkness, to behold the Son of Righteousness under an Eclipse? Can, O can my Bosom hold, now I see the Innocent Lamb of God, that taketh away the Sins of the World, a bleeding Victim on the Purple Altar of Death? *This, this* ( my Soul ) might have been the day that thou mightest have been the suffering *Malefactor*, and have drunk the Cup of the Fierceness of God's Wrath; but there is he that hath done it for thee. He harboured no Grief of his own, but is acquainted with the just and deadly Grievs of others: he takes our Sorrows on him, to bestow upon us his Joy: he sorrows for us, that hath neither cause nor likelihood to sorrow for himself. What but God's implacable Vengeance could inflict? What but his all sufficient Patience could endure? What but Man's heinous Sins deserve such his sad and wrathful Dolours? Ah sinful Wretches! 'tis our doings, that he suffers; our Evil, but his Smart; our Trespas, his Punishment. His Breast is made a large receptacle for our Cares; his Back a common support unto our Load; he was delivered for our Offences; he was slain, but not for himself: he bore our Grief, and carried

carried our Sorrows ; he was wounded for our Transgressions ; bruised for our Iniquities ; for the Transgressions of his People was he smitten.

Why then are we angry with, rail against the Jews, and complain not of, find no fault with *our selves*, greater guilty ? they were the *Instruments*, we the Procurers of his *Sufferings* : their Sins *practised*, ours *provoked* his Death : And were the true, the principal Actors of that woful Tragedy ; the *Traytors*, which by the hands of Judas delivered him up. *He that knew no Sin, was made Sin for us*, accused condemned, executed as a Sinner. *We by our Sins* impeached him ; the spiteful Priests were but our *Advocates* ; we by them adjudged and sentenced him. *Pilat* was but drawn in against his Conscience to be in that behalf our *Spokesman*, we by them inflicted that heavy Punishment on him. The *Roman Executioners* were therein but *our Representatives*. The rude Multitude, the silly People were but acting *our part* ; our Sins with Clamours more loud and importunate than all the *Jewish Rabble*, cried out, *Crucify, crucify him*. We pity his abused Innocency, but think not of our Unworthiness and Desert : bewail the event, and redress not the cause : We have as great enmity a-

gainst his *Image*, as they against his *Person*; they griev'd him in his *Body*, we in his *Spirit*, and make his Wounds bleed afresh: he takes it as heinously we should *despise* him now, as that they *persecuted* him then: they were but our *Executioners*, to inflict those Punishments our Sins deserved, and God's Justice imposed on him.

It was thy Sins ( O my Soul ) were the Associates to crucify him; thy Hypocrisy was the Kiss that betrayed him; thy Pride and Covetousness, the Thorn that Crowned him; thy Oppression and Cruelty, the Nails that pierced him; thy unbelief and Apostacy, the Spear that gored him; thy Idolatry, Superstition, Luke-warmness, the Knee that mock'd him; thy contempt of Religion, the Spittle that defiled him; thy Anger and Bitterness, the Vinegar and Gall that distasted him; thy Scarlet Sins, the Crimson Robe that dishonoured him: my drinking Iniquity like Water, made him drink a Cup of Wrath; my forsaking my Father, made him forsaken of his; all the Members of his Body were Objects of such Cruelty, because mine Instruments of Iniquity.

O I am the merit of thy Sorrow, I am the stroke of thy Grief, I am the desert of thy Death, I am the offence of thy Revenge,

venge, I am the Grievousness of thy Passion, I am the cause of thy Torment. O wonderful condition of Censure! O ineffable disposition of the Misery! the Unjust sins, and the Just is punished: the Guilty transgresses, and the Guiltless is stricken: the Impious offends, and the Pious condemned; what the Bad deserves, the Good suffers; what the Servant perpetrates, the Lord pays; what Man commits, God undergoes. Whither, O Son of God, whither descends thy Humility? Whither flameth thy Charity? whither proceedeth thy Pity? whither increaseth thy Benignity? whither reacheth thy Love? whither cometh thy Compassion? I have been proud, thou hast been humbled; I have done unjustly thou art punished; I have dealt heinously, thou art revengefully smitten; I have committed the fault, thou art tortured. How much do I owe thee, most blessed Redeemer? How great is the price thou hast paid for me, miserable Sinner? Oh, I blush to see my Soul so foul and loathsome, that nothing less than thy precious Blood serves to wash and cleanse it. I am confounded to see thee in such a case for us, who cared not how vile, how base, how miserable we were.

Oh, how was that *Justice* injured, that  
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could not rest appeased in Punishment, but Rigor? How odious and intolerable is every *Sin*, which required no cheaper Blood for a Sacrifice than that of the Son of God? and which, not *suffering* only, but *extremity* must expiate? how *heinous* was the *Commission*, since even the *Remission* was so grievous? that made such a breach between God and us, as required such sufferings of the Lord of Glory? Wretch that I am, to cost my God so dear! I am not worthy for which he should have suffered the least Care or Trouble, much less the Torments of Soul and Body. And yet, what mean I to be so treacherous unto him? How have I broken his Commands and my Vows, even since the last *Communion*? Oh, can I kiss the Nails? hug the Spear? desire that which is the Blood of him that lost his Life? can I account that *Light*, which made his Soul heavy unto death? *can that be my Joy*, which made him a Man of Sorrow? sweet to me, which was so bitter to him? *shall those Sins* not be forsaken by me, that made him forsaken of God? or live in me, that would not suffer him to live in the World? Oh, can I endure my Lord should be ever more disgusted and affronted? Oh, how is my Heart provoked and incensed against ye, my *Sins*? O, that none of  
you

you might escape hence ! that ye may all lie bleeding as so many Sacrifices at the Altar of my Lord ! O let them now feel the weight and sharpness of thy Cross ! here let them be slain at thy Foot, that I may not carry away one of them alive.

How can my heart refrain from tears of Sorrow and Joy, to think of its Unkindness, and of his strange Love ? what Heart can be so hard, as, without Pain, to think we love him no more, who put himself to such Pains for us ? O, how am I troubled, that my *Heart* should be so cold, when his was so hot with Love, as to send forth its Life blood for my Redemption ? and yet, when I consider, that in this stream of Blood my sinful Soul is washed, and that by his Stripes I am healed ; that instead of Sin, and Death, and Hell deserved, Righteousness, and Life, and Heaven is purchased ; how can I chuse but rejoice in his Love, and hope he will accept of my poor Acknowledgment, who so pardons, as might even melt the hardest Heart, and for ever silence and satisfy it by the *Love of God, and Sufficiency of the Sacrifice* ? O, how am I ravished therewith ? I am justified by Faith, and at Peace with God ; the Flames of Hell shall never touch me ; Death is swallowed up in Victory ; I am consigned



to a blessed Immortality.

But, O, my Lord! I take the boldness to complain unto thee, and expostulate with thee; how sayest thou that thou lovest me, if thou discover thy self no more unto me? If I have no more love unto thee, no more life from thee? If I be so barren and unfruitful towards thee? so dull and cold in thy Service? so unwilling to execute thy Commands? so weak and unable against Assaults? if thou be with me, who can be against me? what can be too hard for me? what cannot be done by me through thee? O! since it is thy Pleasure to be familiar with me; if thou lovest me so much, fulfil in me all the good pleasure of thy Will, and the work of Faith with Power. O, let the *Merit* of Christ's Death free me from the *Guilt* upon me; and his *Spirit* cleanse me from the *Stains* within me. Let *Holiness to the Lord* be written upon my whole Soul and Body, that they may be a delectable Habitation for thee; unite my Heart unto thee, transform me altogether in thee.

I put my self out of my own Power; I accept of, and close with thee as my Maker and Preserver, Lord and Sovereign, Priest and Prophet, King and Captain, Head and Husband; to be ordered, disposed, provided for by thee. I give my hearty Con-  
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sent that thou should'st dwell in me, as the alone Prince of my Soul ; the Possession of it I for ever surrender up unto thee. I cease to be my own. I renounce the Devil, the World and the Flesh ; I profess my Acceptance of, Submission to, to place my Happiness in, and to resign my self wholly unto thee ; to be provided for, disposed of, led, saved by thee. O, how am I pleased with my choice ! that I have parted with my *self*, and am become *thine* ! How am I beholden to thee, that I may give my self unto thee, that thou hast brought me into the Bond of the Covenant ? O, come (dear Redeemer) to the price of thine own Blood, sieze thine own, and save me ; assist and strengthen me ; feed and preserve me ; never leave me, nor forsake me.

*The Cup.*

Come, my Beloved, now I have drunk thy *Cup of Wrath*, take thou *this Cup of Salvation*, for which I pierced my side, and trod the Wine-press of my Father's Wrath alone : *This Cup is the New Testament in my Blood*, is a Pledge of, signifies and represents ( by Representation is ) my *Blood*, in which the *New Testament* between God and Man is founded and established,

confirmed and ratified; and by which, *remission of Sins*, and all other consequent Blessings of the *New Covenant* are purchased. Its glorious *Liberties* and *Immunities* I hereby sign and seal unto you; a full release and discharge from all your Debts, from the House of Bondage, Sin, the Grave, and Hell. Here I deliver you your *Protection*, from all your Enemies will I save you; from the Arrests of the Law, from the Powers of Darkness, from the Temptations of the World, from the Curse of the *Cross*; none shall prove too hard for you, all shall work good unto you. I hereby confer upon, and inflate you in all its Royal Privileges and *Prerogatives*: behold, I give my self unto you, to be your *God*, and instead of *all Relations*: I will be a Friend, and Physician, a Shepherd, Sovereign, and Husband unto you; to espouse your Interest, to counsel and heal you, to feed and comfort you, to watch over and defend you. Lo I make over my Self to you in all my *Essential Perfections*; my *Omnipotency* shall be your *Guard*, my *Omniscience* your *Overseer*, my *Omnipresence* your *Companion*, my *Mercy* your *Store*, my *Wisdom* your *Counsellor*, my *Justice* your *Revenger* and *Rewarder*, my *Holiness* a Fountain of Grace unto you, my *Infinite*ness and *All-sufficiency* the

the lot and extent of your Inheritance; my *Faithfulness* and *Unchangeableness* the rock of your Rest and Security, my *Eternity* the date of your Happiness. I will be yours in all my *Personal Relations*; a Father unto you, what would my Children have? Of your Father's Instruction and Probation, Protection and Provision, Care and Ear, Bread and Rod, Heart and House, Pity and Compassion, I here assure you: my *Son* and *Spirit* I give you, to cloath and teach you, assist and comfort you, interceed in and for you, sanctify and save you; *with my self* I give you *all things*, mine Angels for your Guardians and Attendants; my Word and Ordinances, Ministers and Providences for your guide and good. Whether *Paul*, or *Apollo* or *Cephas*; or the World, or Life, or Death; or things present, or things to come, all are yours,

And that you may know I am in earnest, lo, *I establish my Covenant with you*, ordered in all things and sure; written in the Blood, founded in the all-sufficient merits of your *Surety*, in whom I am well pleased; whose *Death* made *this Testament* unchangeable for ever; so that your *Name* can never be blotted out, nor your *Inheritance* alienated, nor your *Legacies* diminished, nothing can be altered, I here solemnly deliver it to you

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as my Act and Deed, sealed with the *Oath* and *Blood of God*, who engages here his *own Body* for Security! Come ye blessed, fear not, the Donation is free and full, I have received a Ransom, and expect only you to *believe*, know, and *accept of* your own Blessedness. Here are the *Conveyances*, see the *Seals*, take the *Writings*, behold the *Blood of the Covenant*; receive the Instruments of your Salvation. *This* I give you as a *Pledge* of my Love, and of the Truth of all I have promised. I hereby plight you my Troth, and set to my Hand, ratify and confirm every Article of these Indentures, and do actually deliver into thy Hand this glorious Charter, with all its Royalties and Privileges as *your own* for ever.

Amen, Hallelujah. O be it unto thy Servant according to thy Word. But who am I? and what is my Father's House, that thou hast brought me hither? What shall thy Servant say unto thee? I am silenced with wonder, and must sit down in Astonishment, for I cannot utter the least tittle of thy Praise. O what meaneth the height of this strange *Love*? that the Lord of all should enter into *Covenant* with his Dust, and take into his Bosom the Viperous Brood, that have so often spit their Venom in his Face? I am not worthy to wash the Feet

Feet of the Servants of my Lord, how much less to be one with thee, and to be made partaker of those blessed *Privileges* settled upon thy *Sons*? but for thy Goodness sake, and according to thine own Heart hast thou done this; even so Father, because it seemed good unto thee. Wonder, O Heavens, and be moved, O Earth, at this great thing! Rejoice, O ye Angels; strike up, ye Cœlestial Quires; help whole Creation; sing unto the Lord, O ye his Saints; prepare an *Epithalamium*, O all ye Friends of the Bridegroom; be ready with the *Marriage Song*: for Heaven and Earth, God and Man, are reconciled, a Covenant of Peace entered and sealed, *Jehovah* hath betrothed himself to his hopeless Captives, and owns the Marriage before all the World: He is become one with us, and we with him; he hath bequeathed to us Heaven and Earth, with the Fulness thereof, and kept back, left us nothing to ask at his hands, but what he hath already freely granted. O, had I the Tongues of Men and Angels, all were too little for my single turn, the whole Quire is not sufficient to utter his Praise.

And will the Lord be *mine*? hath he laid aside the Controversy, and concluded a Peace? will he receive his *Rebel* to Mercy, and

and open his Door to his *Prodigal*? I will bow my self before his foot-stool, and say, O Lord, I have heard thy Words, and do here lay hold on thy *Covenant*; I subscribe to thy *Conditions*, and close with my *Mediator*; I accept thy Kindness, I adventure my self upon thy Fidelity, and trust my whole Happiness here and hereafter upon thy Promises. O my God, I subject my whole Soul unto thee: O my Rock, in thee will I build all my hopes and Confidence: O staff of my Life, strength of my Soul, life of my Joys, and the joy of my Life, I will sit and sing under thy Shadow with great Delight, and glory in thy Salvation.

I here take thee at thy Word, thou God of Truth; thou requirest but my *Consent* and *Acceptance*, and here thou hast it: in token whercof I receive this Pledge thou hast left me; believing thou wilt establish for ever thy Word unto thy Servant, and do as thou hast said. In this Blood of thine, O Saviour, I believe, I receive it as mine, I thirstily drink down, and heartily apply it, with a comfortable Expectation of all those blessed Benefits, purchased, secured, sealed by it.

I am more loathsome and abominable than the croaking Toad, or most venomous Serpent; but *this Blood* was shed to make



make me *precious* before thee, which I durst not have thought, but that I hear thee say, *Since thou wast precious in my Sight, thou hast been honourable, and I have loved thee.* And, O, how truly mayst thou call *us* a dear, a *precious People*, who are bought with that *Blood*, a drop of which is of worth to purchase Heaven and Earth!

I owe the suffering of the Penalty due, for breaking thy Law, violating thy Covenant, and wronging thy Justice. But was not *this Blood* shed for *our good*, and in *our stead*? hath not our *Surety* made full satisfaction? undergone the Curse of our Sins? born them all in his own Body upon the Tree? endured as much as *they* deserved, as thy *Justice* demanded? was he not once offered up to bear the Sins of many? became he not subject to the Law for us, in our Nature, and representatively in our stead? setting *us* right with, reconciling *us* again to thee? hath he not made Satisfaction for the Injury we had done thee as our *Judge*, and performed that Service we owed thee as our *Maker*? Is not the Creditor satisfied when the Debt is paid? will thy *Justice* suffer thee to demand the same *Debt twice*, of the *Surety* and *Debtor*? is not thy wrath appeased with *him*, made so miserable a Spectacle, so dear unto thee? is  
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not the least drachm of this *Blood of God*, of greater value than a Sea of mine? of value to ransom as many Worlds of Men, as Men in this? a sufficient Satisfaction for all my Sins, an all-sufficient Price for my Redemption? being justified freely by his Grace through the Redemption that is in Jesus Christ, whom God hath set forth to be a Propitiation through Faith in his Blood; to declare his Righteousness for the Remission of Sins that are past, through the Forbearance of God; to declare, I say, his Righteousness, that he might be just, and the Justifier of him that believeth in Jesus. If we confess our Sins, he is faithful and just to forgive us our Sins, and to cleanse us from all Unrighteousness.

I am guilty of many *heinous Sins* against Love and Light, Mercies and Judgments, my own Conscience, and the Light of Nature; and without shedding of *Blood* is no *Remission*. But *here* is that which procures it for us, and seals the Promise of it to us; to the praise of the Glory of thy Grace, thou hast made us accepted in *the Beloved*; once in the end of the World, he hath appeared to put away Sin by the Sacrifice of himself, in whom we have *Redemption* through his Blood, even *the Forgiveness of Sins*. Thy Word assures it to all that take him

him for their Saviour, (which I find my self by thy Grace enabled to do) and thou hast bound thy *Word* with thy *Oath*, and to both added thy Sacraments as Seals; this threefold Cord cannot be broken. At the day of Judgment thou wilt own thy Hand and Seal, and Solemnly acquit me whom thou now pardonest by thy deed of Gift, the Gospel; *there is no Condemnation to them that are in Christ Jesus.*

I am naturally, and by evil Works, at a distance from thee, at Enmity with thee, an Enemy to thee. But God was in *Christ*, reconciling the World unto himself; *his Blood* was given to make an Atonement for our Souls: thy Wrath is turned from us, thou art become propitious to Believers. *Christ our Passover* is sacrificed for us, the Propitiation (Propitiatory Sacrifice) for our Sins, that thou mightest *pass over* and look upon us with a pleasing Aspect; be satisfied for Sin, and pacified to Sinners; Sin expiated, and thou appeased: and we as well ingratiated, brought into favour, of Enemies made Friends, as pardoned; having made up the breach, and made Peace through the Blood of his Cross, by him, to reconcile all things to himself; we that were sometimes Aliens and Enemies, now thou hast reconciled in the Body of his  
Flesh

Flesh through Death; to present us holy, unblameable, unreproueable in thy sight. We, who sometimes were far off, are made nigh by the Blood of Christ; for he is our Peace (our Peace-maker) who hath made both one, and broken down the middle Wall of Partition between us; by whom we have also now received the Atonement.

Lord, I am in worse than *Egyptian* Bondage, a Captive to Satan, a Slave to my Lusts, destitute of Grace, and every good thing. But is not here a sufficient Price laid down for my Ransom? and all things pertaining to Life and Godliness? hath *He* not obtained eternal Redemption for us, who came to give, who gave himself a Ransom for many, for all? hath he not delivered, redeemed, and bought me quite out of the hands of Justice, out of the power of Sin and Satan? If while we were yet Sinners, Christ died for us, much more then being now justified by his Blood, shall we be saved from Wrath through him. For Sin, he condemned Sin in the Flesh, overcame Death, and destroyed him that had the power of Death, even the Devil. I beg of thee, and rely upon thee for Supplies of my Soul-pressing Wants, Grace, Peace, and Comfort, more love unto thee, and fear of thee; and I ask no more than what *he* hath bought.

bought for me; who hath not only purchased me with his own Blood, but all good things by the Redundancy of his Merit, after Satisfaction made unto thee for our Debt.

I have no Righteousness of my own, but what is as filthy Rags; but thou hast made him to be Sin for us, who knew no Sin, that we might be made the Righteousness of God in him, we are cloathed with him, and appear in thy sight as Parts and Portions of himself, the Fulness of him that filleth all in all. O! impute not the Guilt, but the Merit of his Blood unto me: behold me in him, whom thou hast appointed Mediator between Thee and Sinners; whose Righteousness in every point answers thy Justice, and whose Sufferings are sufficient to satisfy the Penalty of all my Sins: O, balance them against mine Iniquities; and the excess and proportion of Virtue in his Obedience, against the Malignity and Unpleasingness of my Disobedience; they will so far exceed in Weight and Worth, that thou wilt in Justice rather pour forth thy Mercy upon me, and accept me into Favour for the one, than hold me still in Displeasure for the other. And, O thou who without grudging, bore my Burthen when thou stoodest at the Bar of Accusation! when thou shalt sit

fit in the Seat of Judgment, wilt thou stick to seal my Pardon? Where thy self hast paid the Debt, thy Justice cannot deny to sign the Acquittance, nor thy tender Love suffer thee to condemn or reject a Member of thy Body, a part of thy self. Thou that sufferedst for me here, and pleadest for me now, cannot forget to be so gracious to me then.

The Law, Satan, and my Sins not only silence me, that I cannot plead my own Cause, but they plead against me, and cry unto thee for Vengeance. But is not *this Blood* as a visible Prayer in every Wound, as so many Mouths open interceding to thee for Pardon and Mercy for me? saying, Behold the travel of my Soul, the purchase of my Blood, the fruit of my Agonies; for him I wept and sweat, bled and died; he hath sinned, but I have satisfied: he departed for a Season, that thou should'st receive him for ever, not as a Servant only, but brother unto me, both in the Flesh, and in the Lord; for mine, and thy own sake, therefore if thou account me thy Beloved Son, receive him as my self, in whom thou art well pleased: If he have wronged thee, or owes thee ought, put it on my account, I will repay it, I will answer for him: I Jesus have ratified and confirmed it *with*

*my*

*my own Blood*: his Surety came not out of Prison, until he had paid the uttermost Farthing. Behold, O Lord, the bleeding Wounds of thy own Son; remember how his Body was broken; think upon his precious Blood shed for us; let us dy, if he hath not made a full Satisfaction; we desire not to be pardoned, if he hath not paid our Debt. But canst thou behold him, and not be well pleased with us? canst thou look upon his Body and Blood which we present to thee, and turn thy Face from us? O, let us prevail in the virtue of his Sacrifice, for the Graces and Blessings we need! Take pity, have mercy upon us for *his sake*, whom we now desire to hold up between thy Anger, and our Souls; and hide not thy self from *us*, unless thou canst from *him*, whom we bring with us, unto thee. While we are remembring him at his Table, he is remembring us at his Father's Right-Hand; making our Peace, pleading our Cause, appearing in our stead, interceding for, suing out our Pardon in the Court of Heaven, seeing right done him on our behalf.

I am not only guilty, but polluted; Sin hath as well defiled, as it would damn me. But O, I remember *who* loved us, and washed us from our Sins in his *own Blood*; which is of Virtue to purify me, as well as value and merit



merit to pacify thee. To this *Fountain* which thou hast set open, I bring my polluted Soul; and what hinders but that I may wash and be clean? be purged from the filth, as well as pardoned for, and saved from the Guilt of all my Sins? for the Blood of Jesus Christ his Son cleanseth us from all Sins.

O, how often is my Soul cast down within me? my Omissions and Commissions, my Sins, and Duties (as I perform them) discomfort me; I am ashamed of, and blush to see them; my Petitions for Pardon, stand in need of Pardon; my Tears, of washing; my best Performances, are Provocations, and help to fill up the measure of my Sins; but for the *Priest* that offers, the *Altar* that sanctifies all my Services, the sweet Incense he offers with our Prayers.

His *Priesthood* is for ever available, and effectual for us. Here is Wine sweetned with the Love of God, perfumed with the divine Nature; that *cheers* the Heart of God by way of Satisfaction, and Heart of Man by way of Pacification; that makes *Peace* in Heaven, and within us, and all our Sacrifices well pleasing unto thee; who dealest not with us according to our *Frailties*, but *state* in our *Advocate*; who, when he had by himself purged our Sins, sat down on the Right-hand of the Majesty on high,

high, and ever lives to make Intercession for us. If thy Grace prevented us before Repentance, that we might return, shall it not much more prevent repenting Sinners, that we may not perish? how canst thou but love them that love thee, seeing thou lovedst us when we hated thee?

O my stony, unrelenting Heart! how unaffected am I with my own Vileness, and thy Goodness; the Evil of Sin, and Excellency of Grace; the worth of my Soul, and Death of my Saviour? but *the blood of Christ* is able to soften and mollify the most obdurate Sinner. O that I could feel the Virtue and Power of *it*, dissolving this Rock into a Fountain of Tears, a relenting Frame, an Heart of Flesh!

My Lusts and Corruptions are many and mighty; too strong for me, but not for thy self. As in the first *Adam's* Sin, Man died legally, so in the second *Adam's* Death, Sin died virtually. He suffered to save his People from their Sins, that *Himself*, and not *Sin*, should have Dominion over us. Shall not that Blood mortify my Pride, Worldliness, inordinate Affections, which shall subdue the whole body of Sin? shall I reproach or make void his Death unto my own Soul? or by continuance in Sin, that brought so great a Punishment on so great

a Person, be a greater Enemy to him than the *Jews* were? How shall we that are dead to Sin, live any longer therein; knowing this, that our Old Man is crucified with him, that the body of Sin might be destroyed, that henceforth we should not serve Sin? O that I may henceforth find and reckon my self to be dead unto Sin, but alive unto God through Jesus Christs our Lord!

○ how I am tempted and assaulted! that I am sometimes ready to say, I shall one day fall by my spiritual Enemies; but Faith gives us a share in the *Victories of Christ*: having spoiled all Principalities and Powers, he made a shew of them openly; triumphing over them as our Enemies, in, on the *Cross*, his triumphant Chariot; took away from them all possibility to hurt; though they assault us still, we are assured of an absolute Victory. The Accuser of the *Brethren* is cast down, which accused *them* before God day and night, and they overcome by the *Blood of the Lamb*, that hath quenched the Flames of divine Fury, and all our *Enemies* are reconciled or subdued.

Ah, my Lord! how often doth Sin and the World deaden my Heart and Affections towards thee? O, how dull, how indisposed? that I cannot pray with Life, nor be lively in thy Service: but *this Blood*

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was shed to set Prisoners free; and is the life of all our Duties, Graces, and Comforts. O that its Power and Efficacy may quicken and enliven me, may put Vivacity and Activity in me! that I may pray and hear, receive, meditate, and discourse of spiritual things, with Freedom and Liberty, Liveliness and Cheerfulness.

O that I may no more disbelieve, or question the *Promises* of this Life, or that to come. For this Blood ratifies and confirms the Covenant of Grace; not only *purchased*, but *assures* us of all good things. *Christ's Will and Testament*, wherein he hath bequeathed such precious Legacies to his People, is now of force; for a *Testament* is of force after the *Testator* is *Dead*.

O how ought it to affect me, for the Shedding of *Innocent Blood*! *He* was holy, harmless, undefiled, separate from Sinners; in his hands no Wickedness, in his Heart no Sin, no Guile found in his Mouth. I and my Brethren are guilty, but for *this* spotless Lamb, what hath he done? and where there is no *Sin*, thou inflictest no *Punishment*. But *He* was numbred with the Transgressors; surely then the Lord hath laid on him the Iniquity of us all: for the Transgression of thy People was he smitten; by his Knowledge shall thy right-

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teous Servant justify many, for he shall bear their Iniquities. O! I take thee at thy word, and do believe all my Sins, with all thine Elect's, were imputed to our Surety; and the Wages of Sin inflicted on him, that we might be fully acquitted and discharged.

I am guilty of many aggravated Sins, and am the greatest of Sinners; but with thee is plenteous Redemption through Christ Jesus; who shed his Blood, not because we were righteous, but to make us so: of infinite Vertue and Merit, as sufficient for me; as if none else were justified or saved by it. He is able to save to the utmost all that come unto thee by him.

O, how small, how imperfect are my Graces? how cold my Love? how weak my Faith? how faint my Desires after thee? but the least degree of Grace is the Fruit of this Blood: O that I may find its Efficacy, perfecting that good Work thou hast begun in me, from Strength to Strength, till Grace be consummated in Glory. Through the Blood of the eternal Covenant, make me perfect in every good Work to do thy Will, working in me that which is well pleasing in thy Sight.

O! what Trifles disturb my charitable Affections? how interrupted and inconstant is my Love to those, who by one Spirit are all Baptized into one Body? but Christ hath

hath reconciled us into one Body by the Cross, having slain the Enmity thereby? O that henceforth I may be of one Heart with his Disciples, and love them as he hath loved us!

*Our God is a consuming Fire; which I cannot but dread, having so much Fuel about me, and within me; but in thy Son I see Flesh of my Flesh, and Bone of my Bone; He gave himself for us. And shall the Sentence of thy Judgment disannul the merit of his Sufferings, of his Satisfaction? Didst thou not punish him, that thou mightest spare us? is it not as great a necessity of thy satisfied Justice to spare the Sinner, as it was of thy offended Justice to punish the Sin? thou art not only reconcileable, but become our Friend. O, how comfortable are those words of thine to my guilty Soul, the Father judgeth no Man, but hath committed all Judgment to the Son; his first coming was in the Flesh, when he took on him our Nature; his second in the Spirit, when he imparted unto us of his Spirit; his third will be in power, when he shall communicate to us his Glory: his first was to redeem, his second to comfort, his third will be to reward us. If we be careful not to offend, he will not be extreme to mark what we do amiss. He will proceed not according to the Law, which requires, an*

absolute Obedience without Sin, and condemns all that have been guilty of any Sin; but according to the *Gospel* which admits of Repentance for the Forgiveness of Sin, and will condemn none but the unbelieving and impenitent Sinner. *Damnation* is denounced, not for *breaking* the *Law*, but *rejecting* the *Gospel*. He is *faithful*, because he hath *promised*; and *just*, because his *Son* hath *purchased Forgiveness*. The same Sentence shall be pronounced as is past already in the *Gospel*, *Whosoever believes in him, shall not perish, but have everlasting Life.*

Sin hath shut us out of Paradise; but the *Blood of Christ* hath opened the Kingdom of Heaven to all Believers. It gives us here a *Right*, and hereafter an *Admission*: through this *Red Sea* we enter into the Heavenly *Canaan*; and for this cause he is a Mediator of the New Testament, that by means of Death, for the Redemption of the Transgressions that were under the first Testament, they which are called might *receive the Promise of Eternal Inheritance.*

And he that hath purchased for us a *Kingdom*, hath thrown in, stored up all *Necessaries* for our Passage thither; *Maintenance* for his *Heirs*, until they come to *Age*. He will not neglect his *Members*; not starve his *own Body*: He will refresh the weary  
Pil-



*The Communion Close.* 141

*Pilgrim* ; furnish and supply us with *Provision* to serve us by the way, till we come home to himself. How shall he refuse our Prayers for any thing, now we are united to his Person, our Souls joyned to and nourished by his Body, sanctified by *his Blood*, and cloathed with his Robes, marked with his Character, and Sealed with his Spirit, renewed with his Vows, consigned to his Glory, and adopted to his Inheritance; when we represent his Death, and pray in virtue of his Passion, and imitate his Intercession, and do that he commands, and take Christ along with us in our Arms, and offer *him*, he essentially loves? *He that spared not his own Son, but delivered him up for us all, how shall he not with him freely give us all things?*

*The Communion Close.*

**B**Ut here is no continuing Banquet!  
O how unwillingly do I rise? How loth am I to go hence? methinks I could sit here and feast my self for ever. O what running Banquets my Lord affords me! sure he need not fear I should surfeit on himself, or be weary of his Company. O! what shall I do in yonder unsatisfying, Soul-starving *World*? I have been feeding  
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on my *Paschal Lamb*, and now must I to my four Herbs again! If it be his Will, I must obey! but O, take me by the Hand, lead and uphold me, be still by me; let me see thee always with me. I know thou hast prepared the *endless Feast* above, where I shall ever lie in thy Bosom, under the uninterrupted Beams of thy smiling and all-cheering Countenance; and glut my hungry Soul on the Banquet of thy ever Blessed self: In comparison of which I now rather *Fast* than *Feast*; and enjoy but drops of the River of Pleasure; an Antipast of the eternal Supper, a Vigil of the Eternal Rest, where my Appetite shall be Satisfied, and my Thirst quenched in the Ocean itself: *where* I shall see thee in thy Glory; and be ravish'd in the sight of thy Beauty, and drink of those overflowing Joys streaming from the Light of thy ever blessed Face. *Where* Body and Soul shall be subject to no Corruption, Imperfection, or Decay; nor stand in need of such *Viaticums* to support us in our way. *Where* the veil of our Mortality shall be rent; our Mud-wall of Flesh made Spiritual and transparent; the Shadows and Resemblances abolished; the Glass removed, the Riddle of our Salvation unfolded, the Vapors of Corruption dispelled, the Patience of our Expectation  
rewar-

rewarded; *where* from the power of the Spirit within, and presence of Christ without, there shall be diffused on the whole Man a double Lustre of that exceeding abundant Glory. *This Ordinance* is a Type of *that Eternal Feast*; the *feeding on his Body*, a Pledge of *seeing his Face*; the same *Company* there, and *Christ* in the midst of them; where he shall *gird himself*, and *make us to sit down at meat*, and *come forth and serve us*. O, the Dignity, and the Comfort of *those Servants*, who have infinite delight, Majesty it self, condescending to *serve them* at the Table! for the *Guests* to have *him* set himself to solace them; *who* is infinite in sweetness and *Knowledge*, to make his sweetness please them; whose Bosom is the Hive and Centre of all Goodness, in which all the scattered parcels of Blessedness are bundled up.

But alas, as yet I am on Earth, and have my work to do, too too toilsom and heavy for me; scarcely should I have lasted out so long, but that at such Seasons as *this* he repairs my sinking Soul, by pouring in the Cordials of his Blood, the Comforts of his Spirit. O little did I think to be thus much made of, or minded by *him*, who is taken up with the Attendance, and Praises of his Heavenly Host; my Conscience

would have kept me away, but he called me to him, ran to meet me, and took me in his Arms, and rebuked my timorous Spirit, saying, *Wherefore didst thou fear?* I called my self Prodigal, a Companion of Swine, a miserable, hard-hearted Wretch, no more worthy to be called his Son, or Servant; he called me *Child*, and chid me for questioning *his Love*. He hath readily forgiven me *those Sins* I thought would have made my Soul the Fuel of Hell. He hath put on me the *best Robe*, his Son's Righteousness; a *Ring* on my Hand, honoured, adorned me with the Riches, the Seals and Pledges of his Love; and *Shoes* on my Feet, prepared, armed, firmly settled me to go through all the Difficulties of a rugged way: by enabling me to believe the Gospel of *Peace* and Atonement. He hath killed the *Fatted Calf* for me, instead of mingling my Blood with my Sacrifice; and entertained me with Joy, with Musick and with Feasting; when I better deserved to have been howling among the Dogs without the Door, than a Crumb at his Table. He hath embraced me in his sustaining, Consolatory Arms, when he might have spurned my guilty Soul to Hell, saying, *Depart from me, I know you not.*

O! how shall I mention the loving Kindness

ness and Praises of the Lord, according to his Mercy, according to the multitude of his loving Kindness, according to all he hath bestowed on me, and his great Goodness to the House of *Israel*? O, that I could proclaim thy Love to all the World, and make the whole Earth ring with thy Praises, and awake every Creature to do it with me! O that I could laud him with the Cœlestial Quire, and joyn my Heart and Voice with the spirits of just Men made perfect! [*To him*] who hath created a whole *World* so large, beautiful, and magnificent to serve us; subjected so fair a Territory to our Dominion; consigned to our use so numerous a race of goodly *Creatures*, to be managed, enjoyed, governed by us. [*To him*] who hath endued our *Bodies* so fearfully, wonderfully, curiously made, with *Souls* resembling his excellent Perfections in Knowledge, Righteousness and true Holiness, capable of serving and enjoying him; affording to that end all convenient Instructions, Encouragements and Assistances. [*To him*] that supplies our manifold Needs, protects us from innumerable dangers, gives us whatsoever is necessary, convenient, and pleasant for our Use, Sustenance, and Delight; accepts our Acknowledgments of former Blessings, as Arguments

and Opportunities of conferring fresh ones: who might utterly cast us off when we threw off our Obedience, and long ago have fann'd us as Chaff from off the Face of the Earth, by the Breath of his Nostrils, into unquenchable Fire. [*To him*] who remembered us in our low Estate, when we had lost his *Image* and *Favour*, our Excellency and Happiness; descended from his Imperial Throne, took upon him our Shape, conversed as it were upon equal Terms with us, to assume us into a nearer Affinity; submitting to our choice, a Crown that cannot fade, Scepters that cannot be extorted from us. [*To him*] Who hath saved, and called us with an holy Calling; quickned us who were dead in Trespasses and Sins; opened our Eyes, bowed our Wills, spiritualized our Affections, changed us from Darkness to Light, and from the Power of Satan unto God, that we might receive Forgiveness of Sins, and an Inheritance among them that are sanctified by faith in Jesus Christ. [*To him*] who forgives our Iniquities, covers our Sins, justifies the ungodly, healeth all our Diseases; imputeth not our Trespasses, but his Righteousness unto us: redeemeth our Life from Death and Destruction: crowneth us with loving Kindness and tender Mercies. [*To him*] who hath adopted us,  
and

and looks upon us, provides for us, and deals with us as *Sons*, Heirs of God, and Co-heirs with Christ, Fellow-Citizens with the Saints, and of the Household of God. [ *To him* ] who hath not lately begun, or will suddenly cease, is neither inconstant, or mutable in his Affections, but from everlasting, continues, and will to Eternity persevere immutable in his Intentions to do us good ; that hath delivered, doth deliver, and will deliver ; and never leave us nor forsake us. [ *To him* ] whom no Ingratitude, undutiful Carriage, or Disobedience of ours, could one minute wholly remove or divert from his steady purpose of caring for us : who regards us, though we do not attend to him ; procures our Welfare, though we neglect his Concerns ; employs his restless Thoughts, extends his watchful Eye, exerts his powerful Arm, is always mindful, and busy to do us good : watches over us, when we sleep ; remembers us when we forget our selves ; in whom 'tis infinite Condescension to think of us, placed so far beneath his Thoughts ; to value us, Dust, inconsiderable nothings ; not to despise and hate us, so really despicable, and unworthy. [ *To him* ] that is as merciful and gracious, as liberal and munificent : that not only bestows on us more Gifts, but  
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pardons us more Debts than we live Minutes; that with infinite Patience endures, not only our manifold Infirmities, and Imperfections, but our petulant Follies, and obstinate Perverseness, careless Neglects, wilful Miscarriages, treacherous Infidelities; who puts up the exceeding many outrageous Affronts, Injuries, and Contumelies, continually offered to his Supreme Majesty, by *us* base Worms, whom he hath always under his Feet, and can crush to nothing at his Pleasure. [*To him*] that hath loved us, and washed us from our Sins in his own Blood, and hath made us Kings and Priests unto God his Father; a Note the Angels cannot sing, who have many strains of Praise we are unacquainted with. [*To him*] that is able to keep us from falling, and to present us faultless before the presence of his Glory with exceeding great Joy. [*To him*] that *vouchsafes* us Hearts, and Abilities to wait upon, free access unto, a constant Intercourse, and familiar acquaintance with *himself*; to esteem, and stile us his Friends, his Children; to invite us frequently, and entertain us so kindly with these incomparable delightful Delicacies of spiritual repast, with an Affection as great, as our Fare is costly: yea, to invite us often at our Home, and if we admit, to abide

abide and dwell with us; indulging us the enjoyment of that Presence, wherein the life of all Joy and Happiness consists; and to behold the Light of his all-chearing Countenance. [ *To him* ] who giveth freely and *upbraideth no Man* with former Unkindnesses, and Neglects of his Love, we are heartily ashamed of; who calls us neither very frequently, nor over-strictly to account; who exacts of us no Impossibility, no difficult Burthen, or costly Return; being satisfied with the chearful acceptance of his Favours, the hearty Acknowledgments of his Goodness, the sincere Performance of *such Duties*, to which our own Welfare, Comfort, Advantage (rightly apprehended) would otherwise abundantly dispose us. [ *To him* ] whose *Benefits* to acknowledge is the greatest *Benefit* of all: to be enabled to thank him, who deserves our greatest *Thanks*; to be sensible of whose Beneficence, to meditate on whose Goodness, to admire whose Excellencies, to celebrate whose Praise, is *Heaven* it self, the Life of Angels, the Quintessence of Joy, the supream pitch of *Beatitude*. [ *To him* ] whose Benefits are immensely great, innumerable many, inexpressible good and precious, *be Glory, Majesty and Dominion now and for ever.*

And, O thou, the blessed Fountain of all  
Mercy

Mercy and Goodness! Inspire our Hearts with thy Heavenly Grace; and thereby enable *us* rightly to apprehend, diligently to consider, faithfully to remember, worthily to esteem, to be thankfully affected with, to render all due Acknowledgment, Praise, Love and thankful Obedience for *this*, and *all* thy great and manifold Favours and Benefits conferred upon us. And *Blessed be the Lord God of Israel from everlasting to everlasting*, and Blessed be his Glorious Name for ever; and *let the whole Earth be filled with his Glory, and let all the People say, Amen.*

Going Home.

O How great a *Lord* hath my *Soul* entertained! How glorious a *Guest* dost thou now harbour! How pleasant a *Companion*, how faithful a *Friend* hast thou now taken in! How dear an *Husband* dost thou now enjoy! O the inestimable Benefits received in these high and holy Mysteries! *What am I, O Lord, or what is in me, that thou shouldst do me this great Honour and Glory?* and reveal unto me thy *Heart* and *Love*, which is *secret* unto others? Thou might'st have prepared *Torments*, but behold *Privileges* for me! I am unworthy to touch

touch the Threshold of thine House, and thou hast taken me to thy Table; not worthy to stand among thy Servants, and thou hast made me sit with my Saviour; not worthy to fall down before thy Foot-stool, and thou hast smiled upon me, come in to me, and made my Heart thy Throne; while others eat the Bread of Violence, and drink the Wine of Deceit: what am I, that I should eat the Body, and drink the Blood of thine own Son? I am not worthy to eat the Bread of Men, and thou hast given me the Bread of Angels. What they admire, I have received; whom they adore, I have entertained; their Wonder is my Meat; Christ and they are *two*, I and my Saviour are *one*: O unspeakable Mystery! O incomparable Mercy!

This He who came from *Edom*, with dyed Garments from *Bozra*, whom we have seen glorious in his Apparel, travelling in the Greatness of his Strength; returning in triumph from the Slaughter and Conquest of all his and our Enemies; mighty to save us from our *Sins*, that were mighty to condemn. And he hath on his *Vesture* (the Title is conspicuous) and on his Thigh (the place of strength) *King of Kings, and Lord of Lords*. Wherefore art thou red in thy Apparel, and thy Garments like

like him that treadeth the Wine-fat? *I have trodden the Wine-press of the Fierceness and Wrath of God, and of the People there was none with me; I have discomfited my Peoples Enemies, and trodden them down like Grapes in a Wine-Press: their Blood is sprinkled upon my Garments, and I have stained all my Garments. O, I beheld his Blood streaming down through the Holes in his side! O, what a sight, a Fire, a flame of Love did I see in his blessed Heart, and my self poutrayed upon it? my Name among the rest, O, with what Joy and Comfort to my Soul! he hath set me as a Seal upon his Heart. Love is strong as Death, many Waters of affliction cannot quench it, nor the Floods of Trouble or Persecution drown it; might all the Pleasures, Profits, Honours of the World be given for it, it would be utterly despised. O, how easie find I his Yoke! how light his Burthen! methinks I could watch and pray, do and suffer more believingly, more courageously than ever. It was the Voice of my beloved that knocked, saying, Open unto me, my Sister, my Love, my Dove, my Undeiled: he put in his Hands by the Holes of the Door, and my Bowels were moved for him; my Soul failed when he spake. I sought him in every part of the Ordinance, and*  
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he was found of me ; I called him, and he gave me answer : *I sate under his Shadow with great Delight, and his Fruit was sweet to my tast. He brought me to the Banqueting house, and his Banner over me was Love. His Left-hand is under my Head, and his Right-hand doth embrace me.* A bundle of Myrrh is my Beloved to me, he shall lie all night betwixt my Breasts ; he shall be still in my Heart by Affection and Faith : I will make him my continual Joy, Comfort and Refreshment ; and solace my self in him in all Estates. O, that his *Name* may be graven upon my Heart ! and his *Image* remain fair and lively upon my Soul ! O, that I may find a kind of Unwillingness to admit of any other Company ; when I come to converse with other things, let me still be looking towards him, as my only Desire, Good and Happiness ; let my Heart be so filled with him, that other Objects may not come near, or make any strong Impression on me. O, that some lively Coals of that holy Fire kindled at the *Ordinances*, may be still glowing in my Soul ; that the Savour and Tincture of it may be never done away. O, how can any other *Pleasure* seem any more pleasant to me ? Can I desire the Husks the Swine do eat, when there is such Bread in my Father's House ? *No Man ha-*  
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*ving drunk old Wine, straight way desireth new; for he saith, the old is better.* Sure he hath been little affected, nor had any taste of God's Sweetness, presently to relish worldly things; to wash off his Palate the Savour of spiritual, with sensual or secular Thoughts. Abrupt Choppings off from Holy Duties, is such a quenching of the Spirit, as tends much to hardning the Heart: such sudden cooling of spiritual Heat got in an Ordinance, cannot be without much danger to the Soul; Motions so quite opposite, are as prejudicial, as unbecoming. Is it fit, or seemly to leave the Company of our Lord as soon as we have let him in, and divert to other occasions? To associate ourselves with other Persons, now we have newly given him our Faith, and taken him as the Bridegroom of our Souls? Should we not rather delight in the Presence of our new Love; and keep our Hearts from cooling by laying on new Fuel; turning the remainder of this day into an *after Supper*, a *second Communion*? in reviewing, and being humbled for our Coldness, Distractions, Miscarriages? in blessing God for the liberty and opportunity of a *Sacrament*, and the Privileges thereby conferred upon us? in ruminating on, and retaining the Savour of those pleasant things we have been



been entertained with; exceedingly gladdened in the sense of that Love we have been tasting and celebrating? in the belief of that Pardon we have received? in the hopes of that Grace and Glory that hath been assured to us? in considering the Obligations we have laid on our selves? in heavenly Discourses with our Beloved? in expressions of our Love and Affection towards him, Acts of Desire after inseparable Union with, and greater likeness unto him? In Vows and Promises we will always be faithful and loyal to him; in entertaining him with Acts of Love and Delight, Thanks and Praise, with the best Cheer we are able to make our new, our beloved *Guest*: in commending his Beauty, praising him for his Kindness and Favours, extolling his Riches, admiring his Perfections and Graces; in talking with him about the Affairs of our *Soul*; in opening to him every Room in it, leading him into the most private Recesses of our Heart, shewing him all the Secrets of it, acquainting him with all our Wants and Weaknesses, spreading before him all our Desires and Fears, Hopes and Grievs. In praying for Help and Assistance to be steadfast in his Covenant, interceding with him for all Mankind, especially our Fellow-Communicants.

municants. In telling him again, all we have is his; in tying a new Knot upon the Band of the Covenant between us; in craving him Pardon for our Follies; desiring him not to be offended at the dark and noisome Hole into which we have brought him, and intreating him, by all Loves, that he will not take Exception at his poor Entertainment; and even charming him to stay and dwell with us, by all the Songs of Praise and Thankfulness we can devise.

*Subsequent Duties after the Sacrament.*

**A**ND now my utmost Care and Diligence is required to express the Power and Efficacy of the Ordinance, in living more fruitfully, religiously, watchfully; in making good my Vows and Promises at the Sacrament. That my Heart and Life therefore may be suitable to my Sacramental Obligations, and may witness the Good received in, and by it; O my Soul,

*Make a solemn Reflection on thy self, and Entertainment.]* How was my Heart, and Behaviour before God? what welcome did he give me? *Reflection* is necessary after every Duty: What Good have I got? what warmth of Affection? what more love-to, desire after, delight and confidence in God?

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what greater Ability, and Love to discharge Duty, to bear Affliction, to resist Temptation, to walk in God's ways? So especially *after the Sacrament*, was my Heart hard, dull, indisposed? I must then suspect my Miscarriage in Preparation, or Performance; and labour to find out, be truly sensible of, greatly bewail, and humble, judge, and condemn my self, and beg pardon for *the Cause*; earnestly importune him that he would now help me by Prayer and Humiliation to recover the Benefit of the Ordinance; that I may by an *after Act*, do that, which I should have done before. Sorrow for, and sense of our Senselessness, is one Fruit of Christ's Death we undoubtedly received in the Ordinance. We may not judge of our Gain by, and Profit in Duty, by our *present feeling*: or that the only Evidences of *Communion* and *Acceptance with God*, are *our Souls lifted up, and ravished with sensible Joys*: our Uprightness, and Sincerity in the performance of our Duties, and in our *covenanting* with God, and continuing stedfast therein, may administer most ground of Comfort when we reflect upon it: for we were then really acceptable to him, that looked down upon us, and received from him a Seal to the Promise of Pardon and Eternal Life, though he did  
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not testify it by giving in extraordinary Joys. He looks not so much at fits of Passion, as at the steady bent and tenour of the Soul. Christ requires not so much celebration of his Sufferings by a present expression of Sorrow, as a perpetual effectual Remembrance of them : As the brave *Germanicus* lying upon his Death-bed, desired his Friends, not to prosecute his Funeral with useless Tears ; but, if they would shew their Love to him, to do it by remembering *his Will*, and executing *his Commands*. The truest *Communion* with God, is to enjoy the *Communion of his Graces*, whereby we are made conformable to him ; we may enjoy the saving Influences of his *Spirit*, when we cannot feel his more abundant Consolations. Though *this Ordinance* be not at present joyous, yet it may afterwards yield the peaceable Fruit of Righteousness to those that are conversant therein. It cannot be well known what *Grace* we have received (further measures of *which*, are the Holy Spirit's accompanying those means, being the great Benefit we are to Expect) till we come to the Exercise of it in Duty, and against Temptation. But, O, how much cause have I to rejoice in his Love and Goodness, to render him hearty Thanks (who might have left me as well as others,

thers, to my self) for his Quickning and Refreshment, for his satisfying me so abundantly with the Fatness of his House, and making me drink of the River of his Pleasure! especially now I find (and, O that I could more and more) such *real Benefits* received by it! my soul more deeply broken and humbled under the sense of *Sin*, and *that* become more loathsom, hateful, burdensom to me! My Heart truly thankful for what I have enjoyed, and sorrowful I have enjoyed no more; more strongly engaged and resolved to inward and universal *Holiness*: my Faith in Christ more encreased and settled; my Love to him more inflamed; my Soul strengthened and emboldned to undergo any thing for him: my spiritual delight and joy in him raised, and lessened to other things: my Esteem and Valuation of the Ordinance heightned, my Graces in it exercised; my Desires after full Enjoyment of God, and Christ in Glory, more enlarged. If he were pleased to kill me, he would not have received a Burnt-offering and a Meat-offering at my Hands; neither would he have shewed me all these things; nor as at this time, have given me to experience such things as these. O that I may always retain a thankful sense of all his Benefits! O, how much am I beholden to thee, my God?

God? I have been praising of thee, but nothing to what I ought, or what thou deserveest. O, how can I cease to magnify thee? for what I am and have, for the use of thy Creatures, and thy Blessing with them, for every Crum, much more for *Christ*, that Foundation-mercy, that hath all Mercies folded up in *him*, and entailed unto him; that sweetens, and sanctifies every Mercy: For this Feast on his Body and Blood, for the Joys of thy House, and the Viands of Heaven; for any measure of Life and Affection, Raisedness and Comfort, Grace and Goodness, *Bless the Lord, O my Soul, and all that is within me bless his holy Name. While I live I will praise thee, I will sing Praise unto my God, while I have a Being:* and what is here wanting in thy due Praise, I will pay hereafter in everlasting Hallelujahs.

*Rest not in the work done, though done never so well.*] Beware, lest by spiritual Pride, and future Negligence, thou lose the things thou hast wrought. Had I done all, as well as was commanded me, I would say, I am an unprofitable Servant, I had done but my Duty; but, O, how short come I of it? O, let not the Lord lay to my charge, my want of due Preparation; my Coldness, and Indifferency, Distraction and Unbelief, my so many failings before, and at the Ordinance:

nance : that my Heart was in no better frame ; that I took no more pains with it to fit it for thy self : that it was no more broken for my Sins, when the Minister broke the *Bread* : that when I took it, I was so dull, so dead, and did not better reach forth the hand of Faith to lay hold on, and apply Christ and his Benefits ; so played the Hypocrite before thee, and my Fellow-Communicants : that when the *Wine* was poured forth, and I saw how Christ shed his Blood for Sinners, I scarce dropped a Tear for the cause, from an Heart sensible of my Sins, and his Love unto my Soul : when I took and drank the *Cup*, I did not *remember him* as I ought : that my Heart was not so seriously intent, and reverent, so deeply affected, suitable to the Importance, and Excellency of the Duty, and the Majesty of him with whom I had to do.

*Spend some time in strengthening and confirming thy holy Purposes and Resolutions.* ] O, that some Fruit may be seen of this day, till the Solemnity return! that the thoughts and meditations I had there, may be so strongly, so deeply fixed and rooted in my Heart, that nothing may be able to pluck them up! that I may be so sensibly possess'd with the Persuasions that Christ is in, and

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united to me! that when a Temptation comes and knocks for Entrance, I may readily, naturally say, *I am not he that I was before*, the Property of the House is quite changed; I live, yet not I, but Christ in me; I was indeed a common Inn to entertain all Comers, but now I am become the sole Habitation of the *High and Holy One*, he expects to be Honourably treated like unto himself, he will have no Competitors or unclean thing in his House: I cannot arise and open to you. O, how shall I treat him, who hath taken up his abode with me? *Shall I take the Members of Christ, and make them the Members of an Harlot?* defile that Body, wherein he hath chosen to reside? force him out of his Habitation by any Impurity? offend him by any noysom Thoughts, or unsavory Breath out of my Mouth? shall those Hands that have received the sacred Elements, work Deceit? those Eyes that have been filled with Tears at the Lords Table, be filled with Lust or Envy? those Teeth that have eaten holy Bread, grind the face of the Poor? those Lips that have touched the Sacramental Cup, salute an Harlot? the Mouth that hath drunk consecrated Wine, be full of rotten discourse? shall I be so greedy of the World, as to forget to retire to converse with

with my Saviour? shall I so perplex my self with Business, as to omit to pray, to meditate, to sing Praises unto thee? No, I am not at my own dispose, I have sworn, and will perform, that I will keep thy righteous Judgments; and often consider how deeply I am obliged to him that hath paid my Debt. O, I can never parallel his Love, yet let me shew my self thankful; I can do nothing *satisfactory*, but let me do something *gratulatory*. He gave himself a Sin-offering for me, let me give my self a Thank-offering to him, offer up my self a living Sacrifice unto my Redeemer, who offered up himself a dying Sacrifice for my Redemption.

*Beware of Crucifying Christ afresh.*] To them that believe he is precious: now I have begun to celebrate the Marriage, O, let me never throw off the Wedding-Garment, stain it by any Pollution, or seek after other Lovers; eat his Bread, and lift up the Heel against him; take the Cup, and betray my Interest in him; after I have received him, cast him out of my Heart; live in that for which he died. As the *Sacrament* is a Memorial of Christ Crucified for Sin, let it be a Remembrance to me of abhorring, crucifying, abstaining from it. Else, I hold on Satan's side, seek to keep him on his Throne, do those things which

*Christ* is more unwilling I should, than he was to suffer all the Indignities and Torments the *Jews* inflicted; he was willing to die by their Hands, rather than any Inconveniency should fall upon me, than Sin and Satan should reign over, and keep Possession in me; he was not troubled so much to dye, as he was to see me live in Sin; for he died, that I might cease from Sin. And do I dispute when a Temptation is presented, whether *Christ*, or *Barrabas* shall be preferred? my Lusts denied, or my Lord crucified? that which would murder my Soul deserve to be spared, or he that suffered to save it? O, how sad! that he who seems to deifie *Christ* in the *Eucharist*, should vilifie him in his Members; that such who pretend to eat and drink *Christ's* Body and Blood at the Church, should eat the Bread of Wickedness, and drink the Wine of Violence in their own Houses: that they should be so devout at the *Sacrament*, as if they believed God to be in the *Bread*; and in their Lives so prophane, as if they believe not God to be in *Heaven*.

*Abandon and crucify all Sin more than ever.]*

I have put off my Coat of Corruption, how shall I put it on? I have washed my Feet in the Blood of the Lamb, how shall I defile them? the Lord hath spoken Peace unto me,

me, let me not return again to Folly. Hath he taken off my former Burthen, and cast it on the Back of his dear Son, and shall I lay more Load upon him? hath he loved me, and washed me from my Sins in his own Blood, and shall I, with the Dog, return to the Vomit? with the Sow that is washed, to her wallowing in the Mire? shall I take Poison after Physick? make the Table of the Lord contemptible? Hath he been so gracious to me, as to vouchsafe and seal me a Pardon of all my Sins, and shall I so abuse his goodness, so turn his Grace into Wantonness, as to run afresh on his score? is not this to account the Blood of the Covenant, wherewith I am sanctified, an unholy thing? may I not fear his Anger will kindle against me, and that he will no more have mercy on me? O, let not those *Hands* that were reached forth to receive Christ, be stretched out to Oppression and Violence; but be henceforth sacred, and do no Deed that may offend thee: nor those *Lips* that have touched those holy Mysteries, be defiled with the Devil's drivel, filthy Communication; but be hallowed from all words that may displease thee. O, let my *Soul*, which by thy *Sacrament* is made so happy, as to be so near to thee, be never so wretched, as to think any thing too dear

for such a Saviour. Let nothing make me leave my first Love, who for love of me, left his Father and Country, Heaven and Glory to espouse me.

*Frequently consider the Engagement thou hast hereby laid upon thy self.* No space of time can wear it off, to the same strictness *all our days as this*, though we had but this one Opportunity to receive. The Bonds my Soul is entred into, will never be cancelled. God forgets not his Promises, nor my Breaches, though I may; the Matter is now out of my Hands, I cannot revoke this Gift of my self to God (indeed I have given nothing but what was his own before) after these Vows there is no Enquiry to be made, whether they should be kept. This day I have avouched the Lord to be my God, to walk in his Ways, and to keep his Statutes; and he hath avouched me to be one of his People: I have taken Christ for my Lord, and Husband, to live in Love and Obedience to him, as I hope to be saved by him. Tempt me not therefore from my Loyalty and Allegiance; the *Vows* of God are upon me, *sealed at the Sacrament*, and *recorded in Heaven*; not one of my fellow-Communicants, but are Witnesses with, and to God, that they saw me personally, publicly own, and renew my *Covenant* with him;

him; for my Oath's sake, and those that fate with me, *I will not do this Evil, and sin against God.* Shall I alienate and pollute the Heart so solemnly devoted to him? break those Bands asunder, and fetch the Sacrifice away from the *Altar*, tyed with such strong Cords of Oaths and Covenants? must I not expect to bring fire along with it? to provoke God to a severe revenge of the Mocks and Scorns I put upon him? shall I so horribly prophane his Name? and make my self such a forsworn, perjured Wretch? Is it a light thing to break an Oath made solemnly with God? shall he escape that doth such things? or shall he break the Covenant, and be delivered? *As I Live*, saith the Lord, *surely my Oath which he hath despised, and my Covenant which he hath broken, even it I will recompence on his own Head.* I am sure he will be true to his Promises, and shall I fall under his Threatnings, by being false to mine? If a good Man keep his Oaths and Promises with Men to his own hurt, much more ought he those to God for his own good.

*Walk on in strength of this spiritual Food, till thou comest to perfection.* O that I may still drink of the *Spiritual Rock*, find the efficacy, virtue and benefit of the *Sacrament*, follow and stream after me, while I tra-

vel in this Wilderness! O, that I may be stronger and stronger in all Graces, more active and exacter in all Spiritual Duties; *hear* more heedfully, *pray* more fervently, *receive* more believingly, keep the *Sabbath* more exactly, *watch* over my heart and ways more diligently; be more *humble* and *pious* towards God, more *just* and *righteous* to Man, more sober and temperate toward my self; that I may walk *worthy* of *Christ*, of the *Covenant*, of the *Sacrament*, *Kingdom*, *Gospel*, and *Grace* of *God*! of my *Birth* and *Breeding*! O, that my present Deportment may be answerable to my future Preferment; that there may be some Proportion between my *frequent receiving*, and *growing* in *Grace*; that I may *shew forth his Death* till he come, in respect of its Influence on my Soul!

*Delight in Spiritual Fellowship with Christ's Members.*] O, that I may now bury all Envy, Malice, Hatred, Uncharitableness; and (as Christ) love my Enemies, but especially those that are Partakers of the same Benefits with me! O, that that Sentence may still run in my Mind, *If God so loved us, we ought also to love one another*! O, that I may shake off all ungodly Society, have my Heart linked unto, and be a Companion of all those that fear the Lord;  
make



make the liveliest of them my most *Imi-*  
*mates*, and upon all occasions improve  
 their Fellowship to the best Advantage. O,  
 that I may henceforth behave my self as a  
 Stone of the same *Building*; as a *Branch* of  
 the same *Vine*; as a *Servant* of the same *Fa-*  
*mily*; as a *Member* of the same *Body*; as a  
*Son* of the same *Father*! O, Merciful Eter-  
 nal High Priest, let that *Sacrifice* thou once  
 offeredst on the Cross for the Sins of the  
 World, which thou dost now and ever re-  
 present in Heaven to thy Father by thy ne-  
 ver-ceasing Intercession, which this day  
 hath been exhibited *Sacramentally* on thy  
 holy Table, obtain Mercy and Peace,  
 Faith and Love, Truth and Unity, Safety  
 and Establishment, Grace, Glory and all  
 good things to thy whole Church; and let  
 not the Gates of Hell ever prevail against it.

*Cheer up and Comfort thy self against all*  
*Discouragements.*] Have I worthily re-  
 ceived the Lords Supper, whatsoever my  
 Miseries are, this cannot but be a reviving  
 Cordial, yet *my Sins are pardoned*. How lit-  
 tle should I be dismayed at any inward  
 or outward Troubles? let me be fed all  
 my days with the Bread and Water of Af-  
 fliction, I have another Bread and Cup to  
 sweeten both; *let her not say she is sick, her*  
*Sins are forgiven.* I have received an all-

sufficient Saviour; and seek for nothing in,  
 but renounce *my self*, having so much in  
 him. How can I any more walk dejectedly,  
 that am interested in the *New Covenant*?  
 which, with all its Promises and Privi-  
 leges, is ratified and confirmed to me?  
 whatever I need is to be had *here*, Health  
 and recovery from Sicknes, a competent  
 Maintenance and Support, Peace and De-  
 liverance from our Enemies, Content and  
 Patience, Liberty and Joy, sanctified Rich-  
 es, or chearful Poverty, and whatsoever is  
 a Blessing is purchased for, and secured to  
 us. And O, that *this*, in all my Troubles,  
 Difficulties, Addresses to God, may quiet  
 me, and strengthen my Faith to appre-  
 hend him as in *Covenant* with me, that  
 hath engaged himself to be *with me* in all  
 Estates and Conditions, and to order all  
 things for my Advantage: I have resigned  
 up my self to him, let him do with me  
 what seemeth him good. He cannot deny  
 himself; all his *Words are Oaths* for their  
 Certainty, and all his *Promises*, the *sure*  
*Mercies* of David. This *Sacrament* is that  
 to my particular Person, which it is in it  
 self, and by design to all the World: If I  
 receive worthily, I shall receive any of  
 those Blessings according as God shall chuse  
 for me, which shall be not only with more  
*Wisdom,*

*Wisdom*, but more *Affection*, than I can for my self. Let me but be void of all *Care*, but only to preserve my Father's Love, and I cannot want. He whom Almighty Wisdom and Goodness takes a Fatherly Care of, engages to feed, cannot but have enough. All things are yours, and you are Christ's, and Christ is God's. Nothing is excluded, where he is included.

*Keep up earnest longings after this, and the eternal Supper of the Lamb.* ] O, when will the Opportunity return? when shall I come and appear before God? when shall I see his Power and his Glory, taste his Love and Goodness, as I have in the *Sacrament*? O, that I may still be feasting my Soul on those Heavenly Dainties, those spiritual Viands, those satisfying Pleasures at his Table! I think the time long to that day of gladness and rejoicing. The King of Glory hath now espoused me to himself by *Proxy*, by his Ambassador; the day is hastening when the Marriage shall be publickly, triumphantly Solemnized, and compleated. Mount up (my Soul) and ever stand wishly looking for his Appearance, never slack thy Watch, nor let thy Expectation cool, till he take thee to himself, where we shall be gathered together where the Body is, and his Glory presented!

fented without an Umbrage; where he shall  
 lay aside his *Veil*, and his *aimable Counte-*  
*nance* be chequered with no intermingled  
 Frowns, intervening Clouds, or obscure  
 Mediums; where *Mysteries* shall be turned  
 into *Revelations*, the *Translation* into the O-  
 riginal, *Commemoration* into *Vision*, *espousal*  
 into *mutual Fruition* and *Embraces*, *Sighs*, and  
*Tears* into *nuptial Songs* and *Festivities*, tran-  
 sient Glances into the direct Beams of the  
 ever-radiant Sun of Righteousness, a mo-  
 ments Work into an Eternity of Rest:  
 where is Satiety without nauseating; *per-*  
*fect Happiness* without Care or Incum-  
 brance, Envy or Successor, Alteration or  
 End; for every Chain a ray of Light, every  
 Tear a Pearl, every Prison a Palace, every  
 Loss the purchase of a Kingdom, every Af-  
 front in God's Service, an eternal Ho-  
 nour, every hour of Sorrow a thousand  
 Years of Comfort, multiplied with a ne-  
 ver-ceasing Numeration. Where *Job*, that  
 sat on the Dunghil, sits among the An-  
 gels; *Lazarus* that lay among the Dogs, is  
 lodged in *Abraham's Bosom*; the Saints  
 heretofore among the *Pots*, walk in *white*:  
 where are *Riches* and *Pleasures*, true and  
 real, adequate and suitable, solid and sa-  
 tisfying, lasting and durable: where I shall  
 see thee (O infinite sweetness and Delight)  
 with-

without a *Veil*, and live upon thee without a *Figure*: where I shall have not a *Sacramental*, but a *Beatifical Communion*; not wear thy *Ring*, but see thy *Face*; not remember, but behold thee; not in *Faith*, but clear and full of *Fruition*.

*Come Love! Come Lord! and that long Day,  
For which I languish, come away.*

*When this dry Soul those Eyes shall see,  
And drink the unseal'd source of thee;  
When Glory's Sun Faith's shade shall chase,  
Then for thy Veil give me thy Face.*

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AN

# APPENDIX

TO THE

Devout Communicant :

CONTAINING

More particular Directions and Meditations for the time of Receiving :  
With a Prayer before and after.

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*A Prayer at home before the Sacrament.*

**E**Ternally Blessed, and infinitely Glorious Lord God ! *Thou* art greatly to be feared in the Assembly of thy Saints, and to be had in reverence of all that draw nigh unto thee. Look down from Heaven, the Habitation of thy Holiness and Glory, in much Mercy, Pity, and tender Compassion upon *me*, a vile, sinful, despicable *Creature*, prostrate at thy *Foot-stool* ; unworthy to look up unto thy *Throne*, or to receive any thing at thy Hands, but thy Wrath and severe Displeasure. I am less than the least of all thy *Mercies*, and liable to the severest of thy *Judgments*, by reason of the Pollution

on

on and sinfulness of my Nature, Heart and Life. I am of the degenerate Posterity of fallen *Adam*; and have all the Powers, Faculties and Members of my Soul and Body defiled with Sin. I have *sinned* in every Age, in every Relation, in every Condition, in every Employment of my Life. I have distrusted thy Word, disregarded thy Calls, slighted thy Judgments, abused thy Mercies, turned thy Grace into Wantonness, rejected the tenders of thy Love, *resisted* the Motions of thy Holy Spirit, the Checks of my own Conscience, and *followed* the *Motions* of my own evil Heart; I have dishonoured thy Name, prophaned thy Sabbaths, polluted thy Ordinances, been unthankful for thy Benefits, impatient under Afflictions, unfaithful to my Promises, mispent my time, neglected my Duty, walked unanswerable to those multiplied Obligations laid upon me; broken all thy holy Commandments, by many and great Transgressions, made and judged my self unworthy of everlasting Life; \**Here mention* \* so that nothing might remain unto me, but a fearful *on your particular Failings.* looking for of Judgment and fiery Indignation to devour me.

But thou delightest in *Mercy*, and not in the *Death of a Sinner*; art not willing  
any



any should perish, but that all should come to repentance. O, take not Counsel of thy *just Indignation*; but of thy *native Goodness*, thy *satisfied Justice*. Wilt thou destroy him that presents *himself* deserving to be *punished*, and thy Son to have *satisfied*? that desires not to live, unless it be by the benefit of thy *Mercy* and his *Sufferings*? Wilt thou not spare me for thy Son, who sparedst not thy Son for me? Is there not enough in his Merits and Sacrifice, to expiate all my Sins, and to justify my Person in thy sight? O suffer not thy self to be deprived of the Glory of my Forgiveness and Salvation, as well as my Creation and Redemption. Save me, whom thou hast hitherto spared, and forgive me Eternal Death, which I have so often merited by my great Offences. Bury *them* all in the bottomless Ocean of thy own Mercy and Forgetfulness, and my Saviour's Blood; lay *them* upon him, who is able to bear them, and cloath me with his Righteousness that is able to cover me.

O free me from the Guilt and Stain, the Power and Penalty, the Reign and Domination of *Sin*, that nothing may separate me from thy Love, nor from the sensible discoveries of it at thy Table, That I may be a meet and worthy Receiver. Let thy *Holy Spirit*.

*Spirit* prepare, direct, and assist me. Take away my filthy Garments, my spiritual Filthiness, and cloath me with the best Robe, *The Lord our Righteousness*. O think me worthy for his sake, and make me worthy for thy Mercies sake. Deal not with me according to my Deserts, but thy great Goodness, and my great Necessity. Let me so *remember my Sins*, that thou mayest forget them; set them so before my Face, that thou mayest cast them behind thy Back. Give me such a *lively stedfast Faith* in Christ for Forgiveness, that thou mayest seal it up unto my Soul. Let me *love* him, and all his Members, with a pure Heart, fervently, at thy holy Communion, and ever after without dissimulation. So enlarge my Soul with *spiritual Affections and Desires*, that it may even break for the longings it hath unto that Ordinance, and unto thy Testimonies at all times. Remove far from me all Blindness of Mind, hardness of Heart, unrelenting Affections, Deadness and Indisposedness, Earthliness and Distraction, Irreverence, unbecoming Apprehensions, whatsoever may hinder the Blessing and Efficacy of that Soul-nourishing, refreshing Ordinance, thy gracious Presence, my eternal Salvation. Create in me an understanding, heavenly, clean *Heart*, O God; and  
renew

renew an humble, contrite, right Spirit within me; prepared for thee. O, be not as a stranger unto me; hide not thy self from me; lift up the light of thy Countenance upon me. Let me feel the comfortable breathings of thy holy Spirit in my Soul at thy Ordinance; sanctify it to me, and me to receive it acceptably, with due Preparation and Apprehensions, Reverence and Humility, Repentance and Faith, Love and Charity, Joy and Thankfulness, a deep sense of thy inexpressible Love, and my own Unworthiness.

And, O, that *all of us*, who this day approach thy Table, may so *eat his Flesh*, which he hath given for the Life of the World, that we may live for ever; and so *drink his Blood*, that it may be to us for Remission of Sins. Meet us not in our selves, in thy Justice, as a consuming Fire; but a reconciled Father, in thy righteous and beloved Son, whom thou gavest, who gave himself for us when we were thy Enemies. Let us depart thence more under the Power of thy Love and Grace, and under greater Resolutions and Abilities to do thee faithful Service all our days through *Jesus Christ* our Sacrifice and Redemption, Hope and Confidence, Surety and Advocate, the Food and Health, the Life and Salvation, of our Soul; who hath taught us when we pray to say, *Our Father, &c.*

As

*As soon as ever the Sermon is ended, look towards the Lord's Table, and say,*

**T**HIS Sacrament I am going to, is a *standing Memorial* of my Saviours *Passion*, wherein he once offered up himself to God; and a *Sign* of that nourishing and strengthening Grace, which he now offers to me under the Notion of *Food*. It is the true Means & Instrument of conveying unto me those Blessings, and signifies *that*, which by its proper Institution it represents. O that I may distinctly apprehend, rightly use, duly apply it, as to my own Soul.

In the making and ordering of these Elements, see, consider (O my Soul) the heavy Pressures, Piercings, Pains and Sufferings of thy Saviour, from his Father, and wicked Men. The Malice and Violence of his Murderers crucified him as a *Malefactor*, and the fiery Wrath of God made him a *Burnt-Sacrifice*; and under both these Sufferings he is become to me *Meat indeed, and Drink indeed*; the Stay and Support, the Comfort, Refreshment and Life of my Soul, nourishing and preserving it to eternal Life.

*That Bread and Wine* could never sustain and nourish me, if the *one* had not fallen into the Earth, under the Sickle, the Flail,  
the

180 *At the time of Receiving.*

the Mill-stone, and the Fire; the *other* under the Hook, and Press of the Husbandman; nothing less than the Cross, the Wounds, the Death of my Lord, my God of his dearest Son made me a Saviour; and by this Sacrament assures me I shall be kept up and fed with a supply of all necessary Blessings, as certainly as he gives me to taste *that Bread and Wine*, the ordinary means for preserving my Life and Strength.

Whilst *we condemned Creatures* were passing on to our *Execution*, the Son of God looked upon us, and took *our Condemnation* upon himself; and under it died in our stead: Thus, by the death and Satisfaction of this Sacrifice, *Justice* gave way to my Release; God the *Father* forgave my *Sin*, and God the *Son* procured my *Life*.

*Then fall upon your Knees with all imaginable Reverence; and say,*

**L** Et the Words of my Mouth, and the Meditation of my Heart, be acceptable in thy sight, O Lord, my Strength and my Redeemer.

Most Gracious God, who of thy great Goodness, hast ordained *this Ordinance* for a continual Remembrance of that ever prevailing Sacrifice, which thy infinite Wisdom

dom and Love hast appointed, and accepted upon the Cross, for us vile, helpless, wretched Sinners; make us truly *sensible* of all our Offences against thee, and of his Love and sufferings for us; and accept us in Him to the Praise of thy Grace. Rebuke all unseasonable Thoughts and Imaginations; stir up, and act in us, every Grace of thy Holy Spirit; and graciously entertain us; and grant we may *now* so behave our selves, that we may not provoke, but glorify thee; be savingly Partakers of the *Redemption* we now commemorate, and be found and kept in the number of thy *Redeemed Ones* for ever.

**B**lessed Lord, who revivest by this sacred Banquet the *Memory* of thy inexpressible Love, and of my Saviour's sufferings; enable me by Faith so to apply his *Passion*, that healing Strength, and saving Virtue may proceed from it; the Strength and sweet Odour of whose *Oblation* is as fragrant, as savingly efficacious, as when first offered up unto thee. Enlighten my Understanding, prepare my Heart: Help, O help me, that I may *now* abate nothing of those Affections that are due unto Thee, and my ever blessed Redeemer. And let me obtain the Fruits and Benefits of his  
Death

Death and Passion; even the Remission of all my Sins, and the Fulness of all thy Graces. O bless me, and thine own Institution unto me; and grant, that I may not increase my Guilt, by abusing of what thou offerest me, but may receive a Blessing from thee.

**H**Oly, Righteous Father, who seest nothing in me that is truly mine, but Dust and Ashes, and, which is worse, sinful Flesh, polluted Blood; O look upon some few Resemblances of thine Image, some Rays and Beams of thy Spirit, some small Beginnings of thy Grace, which are from thee, in me; and supply the Defects with thy Mercy, Merits, and Sacrifice of thy Son. *Turn thine Eyes,* O merciful Father, *to his Satisfaction and Intercession,* who now sits at thy right-hand; to the *Seals of thy Covenant,* which lie before thee upon thy Table; and to all the Wants and Distresses which thou seest in my Soul; and take this opportunity of glorifying thy Mercy, thy Son, and thy Grace, towards me, and upon me.

**B**Lessed Jesus, so dispose me by thy Grace, and Holy Spirit, to feed spiritually and really upon that Sacrifice which thou



thou offeredst *without the Gate*, and which this Sacrament sets before me here in thy Court, that I may be admitted into that holy Place, which thy Sacrifice hath opened, and this Sacrament invites me to. And help me so to drink of this Fruit of the Vine, that I may drink it new in my Father's *Kingdom*; where I shall be delighted and refreshed, and converse with thee, without these typical Shadows, and Representations.

*When the Minister is confessing Sin, and praying for the Efficacy of the Ordinance, let your Heart concur with him, and put in your particular Failings with their Aggravations, and the Mercies you in special need, which he omits. Prostrate your Souls in the sense of your own Vileness, and Necessities; joyn with all earnestness in his Confessions and Petitions, as one that knows the evil of Sin, and the need and worth of the Blessings he requests.*

*And let the solemn Consecration of the Bread and Wine mind thee how thy Saviour was consecrated and set apart for thy Salvation; and say,*

**H**OW wonderful is thy Wisdom and Love, O God, in our Recovery and Redemption; How justly mightest thou have

have dealt with us as with the fallen Angels, and left us to perish without a Remedy? How strangely dost thou glorify thy *Mercy* over those *Sins*, that gave thee the advantage, and occasion to glorify thy *Justice*? Even thou our God whom we have offended and provoked eternally to ruine us, hast, out of thine own Treasure, satisfied thine own Justice; and given us a Saviour, by such a Miracle of Wisdom, Love and Condescension, as Men and Angels shall never be able fully to comprehend. So didst thou love the sinful World, *as to give thy only begotten Son, that whosoever believes in him should not perish, but have everlasting Life.*

*When you see the breaking of the Bread,  
and pouring out of the Wine, say,*

**O** Hateful Sin! O wonderful Love! O dreadful Justice! O precious Sacrifice! O merciful Saviour! How gracious, Lord, hast thou been to Sinners? How severe unto thy Son? How cruel have we been unto thee, and our selves? how small a matter hath tempted me to *that*, which cost so dear before *it* was forgiven.

**I** Cannot but *here* observe something very like the *Sacrifice* and *Passion* of my dear Redeemer. *Thus* the Bread of Life was broken; *Thus* the Lamb of God was slain; *Thus* his precious Blood was shed; *Thus* his Father gave him once to die, and gives still the virtue of his Death to bless and save every one that comes unfeignedly to Him.

*While the Minister and others are Receiving before you, say,*

**VV**Ho can sufficiently admire and adore thee, most gracious God, for reconciling *us* unto thy self? Vile Sinners the Off-spring of sinful Parents, thou treatest us as familiar Friends, as dear Children. Thou mightest have brought *us* together hither for a *Sacrifice to thy Justice*, and behold *one* of thine own making for *us*, the Son of thy Love. We are unworthy of the least crumb of our daily Bread; unworthy to tread upon thy Earth, to breath in thy Air, to lift up our Eyes to Heaven; and thou givest us Bread from Heaven, Liberty to tread thy Courts, thy Spirit to breath in our *Hearts*, leave to breath out our Requests unto *Thee*, O compassionate Father. And now, since Love will chuse such  
I unworthy

have dealt with us as with the fallen Angels, and left us to perish without a Remedy? How strangely dost thou glorify thy *Mercy* over those *Sins*, that gave thee the advantage, and occasion to glorify thy *Justice*? Even thou our God whom we have offended and provoked eternally to ruine us, hast, out of thine own Treasure, satisfied thine own Justice; and given us a Saviour, by such a Miracle of Wisdom, Love and Condescension, as Men and Angels shall never be able fully to comprehend. So didst thou love the sinful World, *as to give thy only begotten Son, that whosoever believes in him should not perish, but have everlasting Life.*

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**I** Cannot but *here* observe something very like the *Sacrifice* and *Passion* of my dear Redeemer. *Thus* the Bread of Life was broken; *Thus* the Lamb of God was slain; *Thus* his precious Blood was shed; *Thus* his Father gave him once to die, and gives still the virtue of his Death to bless and save every one that comes unfeignedly to Him.

*While the Minister and others are Receiving before you, say,*

**VV**Ho can sufficiently admire and adore thee, most gracious God, for reconciling *us* unto thy self? Vile Sinners the Off-spring of sinful Parents, thou treatest us as familiar Friends, as dear Children. Thou mightest have brought *us* together hither for a *Sacrifice to thy Justice*, and behold *one* of thine own making for *us*, the Son of thy Love. We are unworthy of the least crumb of our daily Bread; unworthy to tread upon thy Earth, to breath in thy Air, to lift up our Eyes to Heaven; and thou givest us Bread from Heaven, Liberty to tread thy Courts, thy Spirit to breath in our *Hearts*, leave to breath out our Requests unto *Thee*, O compassionate Father. And now, since Love will chuse such  
I unworthy

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unworthy Guests, and *Mercy* be honoured upon such Sin and Misery, let that *Mercy* that invites us, make us acceptable, and graciously entertain us.

**O** *Author* of my *Salvation*, and of these *Mysteries* that express it; the *Object*, and *Truth* of what I am now going to receive, thou art as able to perfect me with thy Blessings and Graces from thy *Throne*, as thou wert to redeem me by thy Sacrifice on thy *Cross*. O, perform in me by thy Sufferings, what thou dost exhibit and present. By this thy Body broken, give me also Nourishment and Maintenance unto eternal Life. Look upon a poor Sinner at thy *Table*, as Thou didst on him that hung by thy *Cross*, and remember me now Thou art in thy Kingdom.

**I** Am unworthy of the Crums that fall from thy *Table*, of the common Mercies of Food and Rayment, much less, that thou should'st come and sup, and dwell with me: but seeing it is thy good pleasure to vouchsafe me this Favour, O cleanse me from all my Sins, that I may entertain thee in a pure and sanctified Heart. Make this unclean Habitation, that is so unfit to receive thee, a Temple for thy self to dwell

dwell in. Strengthen my Faith, assist me by thy Grace and Spirit; that I may fully rely upon thee, apply thy Sufferings unto me, and worthily receive thee.

**O** That thou art the Bread of Life, that camest down from Heaven, and givest Life unto the World: Enable me while I am feeding upon these Elements, which represent unto me that universal, compleat Sacrifice propitiatory for the Sins of Mankind; by Faith to Feast upon, lay hold on, apply, and rejoyce in the Satisfaction made by my Redeemer's Passion, until I find my Soul nourished with Joy, Peace and Comfort which it draws from thence. Convey unto my Soul all the saving Benefits of that great Expiation. Let me with thy precious Body and Blood, receive such Portions of thy holy Spirit as may mortify my worldly Affections and Corruptions, revive my dead Heart, comfort my dejected Mind, turn my Knowledge into Practice, and make that Practice easy and pleasant unto me.



*When the Minister gives you the Bread, think you hear Christ say to you in particular.*

[ *Take, eat, this is my Body, which is broken for thee, this do in remembrance of me.* ]

**M**Y Lord and my God! didst thou offer up thy self for *me*, despicable, forlorn, wretched Sinner, as well as for any other? and dost thou *now* give thy self unto me, and bid me *remember Thee*, the Redeemer of my Soul, the Author, the Object, and Truth of this Sacrament? I thankfully accept this Pledge of my Redemption. I humbly receive thee, with a troubled Heart that I can no better receive thee, entertain thee, love thee, remember thee, serve thee, express my Gratitude towards thee, and that I have so often offended Thee.

Now I know that thou lovest me, seeing *thou hast not with-held thy Son, thine only Son from me*. By his Merits and Bloody Sacrifice, I hope to be received into the Fellowship of his Sufferings here, and into the Communion of his Glory hereafter.

**B**ehold what manner of Love is this, that God should undergo the Suspensions, the Censures, the Contempts, the Scorns, the

the Derisions, the Despite, the Detestation of vile Man! suffer himself to be dealt with as a wretched Slave a vile Miscreant! that we might be exempted, not only from the Torment, but the Ignominy we had merited! That together with our Life, our Safety, our Liberty, we might recover that Honour we had forfeited and imbezeled! Be made a Curse for us, that we might be redeemed from the Curse of the Law, be freed from the exemplary Punishment due to our Transgression of it! How stupendious is that Goodness? what Obligation doth it lay upon us? that he should be aspersed with the worst Crimes, cloathed with the foulest Shame, executed on a Cross as a Cursed Malefactor, for *us who were Enemies to him*, not commendable for any Goodness in us, but Traiterous Rebels against him! who deserved nothing from him, who acted so much against him! when he saw so plainly, and felt so thoroughly the horrible Blindness, the folly, the Infidelity, the Imbecility, the Ingratitude, the Incorrigibility, the strange Perverseness, the perfidious Malice and Cruelty of Mankind; all these surrounding, invading, discharging themselves upon him; what Imagination can devise any Expression of Love, Kindness and Friendship like this? That he

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Should leave the highest Happiness, lay aside the Majesty and Felicity of God, for the Infamies, and Dolours of a Cross: expose himself to the greatest Hazards, endure the forest Pains, and most disgraceful Ignominies, prostitute his *Life*, and in most hideous manner lose it for *us*, that he might rescue us from the greatest Misery, and instate and purchase for us Heaven and Glory.

**S**eeing *this lively Representation* gives me so fresh a remembrance of the *Love* and *Merit* of my Redeemer's Passion, I close with him as the only foundation of all my Hope, as the compleat Satisfaction for all my Sins. O! that I may no more depretiate the Worth, or disparage the Efficacy of his Sufferings, by dispairing of Mercy, or disputing of his Love. How can I doubt of *thy Power* to save me, who hast born the Sins of the whole World? or question *thy Willingness*, who of thine own accord callest all unto thee? or suspect *thy Sincerity* who art Truth it self, and always in earnest with poor Sinners? My Guilt makes me ready to fly from thee, but thy melting Voice, thy compassionate Nature, the matchless Instances of thy Love, encourage me to come to thee.

**O** What higher Kindness could God express? What lower Condescension could he vouchsafe? By what Pledge could he more clearly, more surely testify his willingness and delight to do us good, than by thus ordering *his own Son*, dear to him as himself, to undergo such Miseries for us? Such a *Punishment* hath been inflicted on him to expiate our Sins, which might content the most rigorous severity. Such a *Price* laid down to redeem us from the Curse, as is abundantly sufficient to discharge it. Such a *Sacrifice* offered, which God hath avowed for most available and acceptable to him. *Who is he that condemneth seeing it is Christ that died?*

**O** How low was our Fall, when nothing less raised us than such a depression of God's only Son? How abominable must Sin be, which was not expiated without so costly a Sacrifice? How deplorable that Misery, which needed such a Succour to relieve it? How desperate our Condition, which brought down from Heaven the Almighty Physician to cure us, by so costly a Medicine as his own Blood? How forlorn our Estate, which extorted from the most gracious God, a Displeasure needing such a Reconciliation?

ciliation? And imposed on the most glorious Son of God, a necessity to undergo such a Punishment in our behalf? Surely, had our Guilt been slight, had our Case been tolerable, had our Recovery been easy, the Divine Wisdom would have chose a cheaper, less precious Remedy. The Lord of Glory would not have so emptied, and abased himself, made himself of no Reputation, endured such Pains and Ignominies, been so dealt with for our sakes, to rescue and ransom us from a dreadful Execution.

**T** *His is the sacrifice, the Righteousness* in which I trust, and by which I am justified, and saved from the Curse of thy violated Law. As thou hast accepted it, O Father, for the World upon the Cross, behold it still, on the behalf of Sinners; and hear his Blood that cries unto thee for Mercy, to the miserable; and for his sake pardon us, and accept us as thy reconciled Children.

This was my doing: It was I, and such other Sinners, that deserved to bear the *Punishment*, who were guilty of the *Sin*. And can a *Murderer of Christ*, be a small Offender? Shall I ever have a dull, a lifeless Apprehension of thy Love, or a favourable thought of Sin more? O that I may sufficiently

ficiently detest, and never more commit those Offences, that delivered my Redeemer to death, that pierced my Saviour's Hands and side, that crowned his Head with Thorns, and filled his Soul with Grief: Did bring such Tortures, Disgraces, Infamy upon him, in lieu of the Confusion due unto us.

O Thou, who in thine Anger revengedst our *Sins* upon thy *Son*, in thy Mercy correct and destroy *them* also in *me*. And bestow upon me such a measure of thy *Spirit*, through which he offered himself without spot unto thee, as may sanctify for ever the Body and Soul which now I offer up unto thee, and help me to discharge the Service I promise unto thee. Let not so excellent a Price be paid in vain as to my Soul; so glorious an offering want it's due Effects upon me.

O Blessed Lord Jesus, who hast ordained this Mystery for a Communion of thy Body, for a means of Advancement and Proficiency in Holiness; and for an infallible Pledge of eternal Salvation, which thou hast purchased by thy Sufferings, and preparest thy People for, by  
I. 5. thy

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thy Grace ; make *this Ordinance* of a *true Sign*, an *effectual means* of the same, that it may be efficacious to settle me in the Communion of thy Sufferings, which it sheweth forth ; to feed me with that living Bread which it *presents*; and to sanctify me for that eternal Happiness which it *promises and secures*.

*Take the Cup from the Minister , as from Christ, saying to you,*

[ *This is my Blood of the New Testament, which is shed for thee, for the Remission of thy Sins.* ]

**O** The depth of the Riches both of the Wisdom and Knowledge of God ! How unsearchable is his Goodness, and his Love past finding out ? How hast thou surpassed all humane Apprehensions ? What a matchless Gift is this, and unto what unworthy Sinners ? Will God stoop so low to Man ? and come so near him ? and thus reconcile his provoking Enemy ? Will he freely pardon all I have done ? and take me into his Family, and Love ? and feed me with the Flesh and Blood of his Son ? Such a guilty Soul might expect the destroying Angel ; that thou wouldst have charged



charged upon me all my Sin and Folly. But while I condemned my self, Thou hast justified me, and given me the Seal of my Pardon, in the Blood of thy gracious Covenant; and surprized me with the surest Tokens and Pledges, the sweetest Embracements of thy Love.

**O** The unmerited, the distinguishing Goodness of the great and holy God of Heaven and Earth, in making me a reasonable Creature, his Servant, his Son; in providing so plentifully for my Body, and my Soul; temporal and spiritual Bread to eat, and Rayment to put on! In giving me an *Heart* in any measure to discharge my Duty unto thee, whilst others are neglecting thee, or expressing their Enmity against thee. Innumerable are thy Creatures, that cannot take notice of thy Benefits. Yea how great a part of *Mankind*, made at first after thine Image, live and die in Darkness, and perish for want of Vision? That cannot, or will not enjoy *these* happy Opportunities? are unavoidably kept from them, or wilfully, sinfully separate and exclude themselves? How few of those that draw near to thee, sincerely wait upon thee, faithfully serve thee, are graciously accepted by thee? With  
what

what an unvaluable Price hast thou redeemed a worthless Sinner, that deserved thy everlasting Vengeance? With how precious a Feast entertainest thou *me* that deserve to be cast out with the workers of Iniquity into the ever-flaming Pit; in that I have been so careless of serving Thee, so wilfully offended thee, so often preferred things displeasing unto thee, before thee; and provoked thee to call back thy Goodness and Mercy from me?

**H**OW dearly hast thou purchased my Love? how strangely hast thou deserved, and sought it? O, what shall I say unto thee? or do, or suffer for thee? which way shall I express my Gratitude towards thee? O, what an Addition an answerable Heart would be to thy Love, and Mercy, and Invitation? Make, O make such deep and lasting Impressions upon my Soul of thy Care and Kindness, and Condescension towards me, that I may always affectionately remember thee, faithfully serve thee, never offend thee, eternally enjoy thee.

**O** That I could love thee as much as I should, as I would, as I shall love thee, when I shall do nothing else but praise thee, and serve thee, and love thee,  
without

without ever offending thee, or doubting of thy Love unto me. In the mean time, O, that it may be the delight of my Soul to think of thee, and thy loving kindness; to reverence and worship thee, to pray unto thee, and praise thee, to wait upon thee in thine Ordinances, at thy Table, to be ordered and guided by thee.

**I** Offer up unto thee, my Soul and Body, all I am and have, to be ruled and disposed of by thee. O that I may be full of Zeal to follow thee, and rejoice in being loved of thee, and humbly confide in thee, and absolutely resign my self unto thee, and be filled with constant Devotion towards thee, and earnest breathings after thee.

**O** Father of everlasting Compassion, forsake not in this Wilderness, a feeble *Israelite*, whom thou hast brought thus far out of *Egypt*: and let not *the Soul* thou hast blessed with some Desires, and helped thus far with some Tendency towards eternal Happiness, ever faint or fail from the right way. Let not mine Infirmities deprive me of the benefit and comfort of *this Ordinance*, of the happy Effects of my Redeemer's Passion, Pardon and Peace,

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Peace, Grace and Relief, Courage and Strength, Support and Protection in the whole course of *my Life*, and eternal Happiness in *that* which is to come.

**O** Son of God, and Life of those that believe; quench not, but cherish and inflame the smoking Flax; break not, but support and strengthen the bruised Reed. Feed with thy Divine Influences this tender Branch, this weak Member of thine, which without thee cannot but wither, cannot but die, cannot but perish. Disperse not the slender beginnings of Grace in me, but carry it on with thy Power, until thou hast made me meet for the Inheritance of the Saints in Life.

**O** Blessed Spirit of all Grace, cleanse me from all my Sins; keep, and set forward in me, notwithstanding all my Infirmities, thine own Work, and carry it on unto Perfection. Seal up unto me the Covenant of Pardon, which is sealed and delivered to me in this Ordinance.

**F**ill our Hearts (most gracious God) with Love and Kindness towards one another; Let there be no Strife or Differences between *us*, or *any* of *thy* People, for  
*we*

*we are Brethren.* Supply all the Necessities of our Souls and Bodies: provide for us, as *thou* knowest best for us. Let us be still fully satisfied, and delighted, under all thy Dispensations towards us; and let all be in Love and Mercy unto us. Mortifie all our inordinate Affections and Desires: Draw thine Image more and more lively upon our Souls. Let our chiefest Pleasure consist in serving and pleasing of thee, Let nothing disturb or displease us, but thy Dishonour.

Send thy Gospel where it is not preached; continue it, and make it very successful where it is: Let all who enjoy it, walk worthy of it, and let them be taken care of, preserved, and defended by thee.

Forgive unto us, whatever thou hast seen amiss in us: what is *ours*, graciously pardon; what is *thine own*, graciously accept. Bless *This Ordinance* thou hast ordained for thy Church; accompany *it* with the Influences of that Spirit which thou hast promised to pour upon all Flesh; that thereby the World, thy Church, our Souls, and Bodies may glorify thee, now and ever, Father, Son, and Holy Ghost. *Amen.*

*A Thanksgiving, and Prayer at Home,  
after the Sacrament.*

**I** Adore, and Magnify thee (most gracious God, and merciful Father) for what thou art in thy self, and unto all thy Creatures; for thy infinite *Wisdom, Power, and Goodness*; and for any discoveries of the same in, and by thy *Word, and Works*: that thou hast so wonderfully *made*, so plentifully *provided for every Creature*; especially *Man*, their Lord, thy Image and Glory. But how can we sufficiently admire thy inexpressible Condescension and Love, intaking notice of *us* (except to punish *us*) in becoming so nigh unto *us*, when we lay in our Blood, and had made ourselves worse than the Beasts that perish? and dost thou open thine Eye upon *such an one*? and bringest me into Fellowship with thee? Is it pleasing to thee to look upon abominable, filthy Man? or gain unto thee, to serve me? to give thy self to, and for me? to purchase such a clod of Earth and Sin, with thy own Blood? O, when I consider the *Rock* whence I was hewn, and *that* on which thou hast set me; from what I was fallen, and to what thou hast exalted me; where I had been, and where I shall be;

I am amazed at thy Love, I am confounded at my Ingratitude! What shall I return unto *thee* ( that humblest thy self to behold the things that are in Heaven, and Earth for the innumerable Instances of thy peculiar Care, and special Love; for chusing me out of the *World*, that I might not be condemned with *it*; for making a Child of Wrath, the Object of thy Love; for opening to me a *door of Mercy*, whilst I was shutting it against my self; thinking towards me *Thoughts* of Peace, whilst *mine* were only evil, and Enmity against thee; for so many occasions and opportunities of praising thee, and that I have not sinned away all, into an Incapacity of praising thee; for striking a Conjugal Covenant with me, whose Person is ugliness and Deformity, whose Parentage base and Despicable, whose Portion nothing but Diseases and Misery; for feeding me this day with thy Word and Sacrament, with thy own Flesh and Blood; who mightest long ago have shook off the hand of thy Providence such a Viper as I am into Fire unquenchable, and made me there sadly experience what it is to abuse Grace by the loss of Glory; for any Heart, endeavours, or Assistance, any signs of thy Acceptance, any liveliness of Affection in commemorating the all-sufficient Sacrifice of my



my ever-prevailing Mediator, instead of being made a Sacrifice to thy Justice for ever and ever: that I have been pledging thee in a Cup of Love, while others drink the Dregs of thy Wrath; in any measure discharging my Duty, whilst others are suffering the insupportable Punishment of their Neglects: that thou hast assured me of Forgiveness and all other Benefits purchased by thy Passion, while so many Millions are sealed up under Wrath, in the Prison of thy Fury; Not unto me (O Lord) not unto me, but unto thy Name be thy Praise. O my God, to these and all thy *Mercies*, deny not *this*, a thankful Heart for all thy Mercies, and Grace to make them Incentives to more chearful, and sincere Obedience. Mind me always of, and enable me faithfully to perform the *Vows* and *Promises* now upon me; confirm and strengthen *them*, that *they* may stand as fast as thy everlasting Covenant. Let me not falsify with thee, nor depart from thee, or defile that place thou hast chosen for thy *Temple*; but dedicate it wholly to thee. Let the Fruit of the *Ordinance* be found to the praise of thy Grace, the Support and encouragement, Comfort and Advantage of my own Soul. Let me always remember thee, and my Duty unto thee: let nothing separate  
me

me from the Love of thee; let me rather die, than deny or dishonour thee. Make me sensible how much my Saviour loved me, by his ardent desire to be an offering for me, and remembered by me. Let me not spare *my darling Sins for thy sake*, who sparedst not thy *beloved Son for mine*. Let me always look upon *that* with Horror and Hatred, which procured to *him* so much Ignominy and Torment. Let not those *Lusts* please and delight my Fancy, which were Nails and Thorns in his Hands and Side. Seeing I now *profess to abide in him*, enable me *to walk even as he walked*, in Lowliness and Humility, Meekness and Patience, Contempt of the World, Heavenliness, and Zeal for thy Glory; Temperance and Moderation, Tenderness and Compassion, Love and Charity, Innocency and Usefulness, Obedience, Resignation and Submission to thee. Measure not my Services by the exactness of my Performances, but Sincerity of my Desires. Charge not upon me, my Unpreparedness for, Unaffectedness, Wandrings, Unbelief, at *that solemn Ordinance*, this Day's Iniquity of my holy things, but upon our great high-Priest, who offered up himself to bear our Sins.

And, O, that we who have now been  
celebrating

*celebrating his Love and Passion, may with all thy People love one another as he hath loved us; have Strength to resist, and overcome; constancy to suffer, and persevere; may breath earnestly after thee, be pardoned and accepted, supplied, owned, blessed by thee, keep close unto thee, and reign with thee to all eternity, through our ever blessed Redeemer, who was delivered for our Offences, and raised again for our Justification, in whose Holy Name and Words, I further pray unto thee, saying,*

*Our Father, &c.*

F I N I S.

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